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COOK BOOK



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Social Bible Readings

**To Promote
The Memorizing of Scripture**

No. 1

A Study in Scripture Proving the Inspiration of the Bible

Subject: What the Word of God is and who said so.

No. 2

A Study in Solomon's Proverbs, Contrasting Wisdom and Foolishness

Subject : Some faults which are common to human nature corrected by wisdom as expressed in the Book of Proverbs

These social Bible Readings are in the form of Text Cards, attractively arranged in exercises similiar to games. They are especially interesting to Christian young people of 'teen age, as well as to people of maturer years.

Parents, Sunday School teachers and others interested in promoting the memorizing of Scripture among young people will find them helpful.

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B. 2. 125

FOREWORD

The Ladies of the Auxiliary of the Y. M. C. A. are offering this Cook Book to the Public with confidence, knowing that the recipes contained therein are proven and tried, and therefore will be a welcome addition to every household.

In compiling the material for this book, we have selected only the best of the offered recipes. Each bears the stamp of approval and carries the recommendation of the lady whose name prefaces it.

Every effort has been made to eliminate typographical errors. Where they have crept in, the indulgence of the reader is asked.

In conclusion, we wish to thank each and every one who has so kindly contributed towards the valuable information contained in this book and the advertisers for their generous assistance.

The Ladies of the Y. M. C. A. Auxiliary

If by some trick of mind you think
 A similarity you see
 'Twas no ones fault, but just the fact
 That great minds can agree.
 Yet do not think we taxed our brains,
 Concocting dishes rare,
 We let the experts do the work,
 While we the glory share.

ABBREVIATIONS

1 Tablespoon	1 tbsp.	1 pint	1 pt.
1 Teaspoon	1 Tsp.	1 ounce	1 oz.
1 Cup	1 c.	1 Pound	1 lb.
1 quart	1 qt.		

TABLE OF WEIGHTS AND MEASURES

2 cups	1 pt.	4 cups Coffee	1 lb.
4 "	1 qt.	3 ½ " Graham Flour	1 lb.
2 " Butter (packed solidly)	1 lb.	1 ¾ " Rice	1 lb.
3 ½ " Flour (pastry)	1 lb.	8 medium eggs	1 lb.
2 " Granulated Sugar	1 lb.	1 Square Cowans Chocolate	1 oz.
2 " Fruit Sugar	1 lb.	3 tsp.	1 tbsp.
2 ¾ " Icing Sugar	1 lb.	16 tbsp.	1 cup
3 ¼ " Brown Sugar	1 lb.	2 tbsp. Butter	1 oz.
5 ½ " Rolled Oats	1 lb.	2 tbsp. Granulated Sugar	1 oz.
2 ½ " Cornmeal	1 lb.	3 ½ " tbsp. Flour	1 oz.

TIME TABLE FOR COOKING

BOILING MEATS

Mutton, per lb.	15 mins.
Corned beef, per lb.	30 mins.
Ham, per lb.	18 to 20 mins.
Turkey, per lb.	15 mins.
Chicken, per lb.	15 mins.
Fowl, per lb.	20 to 30 mins.

BROILING

Steak, 1 in. thick	8 to 10 mins.
Steak, 1½ in. thick	10 to 15 mins.
Mutton chops	8 to 10 mins.
Spring chicken	20 to 20 mins.
Quail	8 to 10 mins.

BAKING

Beef ribs, rare, per lb.	8 to 10 mins.
Beef, well done, lb.	15 to 20 mins.
Mutton leg, rare, per lb.	10 mins.
Mutton leg, well done	15 mins.
Lamb, well done	15 mins.
Veal, well done	20 mins.
Pork, well done	25 mins.
Venison, rare	10 mins.
Chicken, rare	15 mins.
Goose	18 mins.
Fillet, hot oven, per piece	30 mins.
Braised meats	3 to 4 hrs.
Liver, whole	2 hrs.
Turkey, 8 lbs.	1¾ hrs.
Turkey, very large	2 to 3 hrs.
Birds, small, hot oven	15 to 20 m.
Duck, tame	1 hr.
Ducks, wild very hot oven	20 to 30 min.
Partridge	35 to 40 mins.

BAKED FISH

Codfish, per lb.	15 mins.
Haddock, per lb.	10 mins.
Halibut, per lb.	15 mins.
Bass, per lb.	10 mins.
Salmon, per lb.	10 to 15 mins.
Small fish	6 mins.
Lobsters	30 to 40 mins.
Crabs	30 mins.

BREADS, ETC.

Bread	1 hr.
Biscuit	10 to 20 mins.

Layer Cake	18 to 25 mins.
Loaf cake	1 hr.
Angels' food	1 hr.

VEGETABLES

Beans to bake	6 hrs.
Potatoes	20 to 30 mins.
Asparagus	20 to 25 mins.
Peas	15 to 20 mins.
String beans	50 to 60 mins.
Lima beans	30 to 40 mins.
Spinach	15 to 20 mins.
Turnips	30 to 40 mins.
Beets	1 to 2 hrs.
Cauliflower	20 mins.
Brussels sprouts	10 to 15 mins.
Onions	30 to 40 mins.
Parsnips	30 to 40 mins.
Green corn	5 to 10 mins.
Macaroni	20 mins.
Rice	20 to 25 mins.
Squash	20 to 40 mins.
Cabbage	30 to 60 mins.

WEIGHTS AND MEASURES

1 kitchen cupful	½ pt. or 2 gills
½ kitchen cupful	1 gill
4 kitchen cupfuls	1 qt.
2 cupfuls granulated sugar	1 lb.
2½ cupfuls powdered sugar	1 lb.
1 heaping tablespoon sugar	1 oz.
1 heaping tablespoon butter	2 ozs. or ¼ cupful
Butter size of an egg	2 ozs. or ¼ cupful
4 cupfuls flour	1 lb.
1 heaping quart flour	1 lb.
8 round tablespoons dry material	1 cupful
16 tablespoons liquid	1 cupful

TEMPERATURE OF OVEN

	Put in	Keep in at
Puff Pastry	300°	300°
Meat Pies	280°	240°
Bread	280°	220°
Pork and veal	250°	220°
Beef and mutton	240°	220°
200° is too low for cooking.		

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Soups

“Bad dinners go hand-in-hand with total depravity, while a properly fed man is already half saved.”

CANNED TOMATO SOUP

- 1 peck tomatoes
- 1 bunch celery
- 6 onions
- $\frac{1}{4}$ cup sugar
- 3 tablespoons salt
- $\frac{1}{2}$ cup flour
- pinch of Cayenne pepper

Wash tomatoes, cut in pieces, add celery and onions, cut in small pieces. Boil gently, stirring frequently for half an hour. Rub through sieve, add salt, sugar and Cayenne pepper. Put on to boil. Mix flour smooth with equal quantity of cold water, stir into boiling tomato and cook, stirring constantly till it boils. Pour into sterilized jars and seal at once.

When serving, heat soup, and to 1 quart add 2 tablespoons of butter and either hot water or hot milk. If milk is used, stir $\frac{1}{2}$ teaspoon soda into the tomato.

Mrs. J. McTavish.

VEGETABLE SOUP

Select small shank, cover well with cold water, bring to boil, and boil slowly about two hours, then add :

- 1 cup chopped carrots
 - 1 cup chopped turnips
 - $1\frac{1}{2}$ cup chopped potatoes
 - 2 good sized onions, salt and pepper to taste
- Boil one hour longer. Add more water if necessary.

Mrs. Wing.

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CELERY SOUP

3 cups celery, (cut in one-half inch pieces)
1 pint boiling water
2½ cups milk
1 slice onion
3 tablespoons butter
¼ cup flour
Salt and pepper

Cook the cleaned celery until soft. Scald milk with the onion, remove onion and add milk to celery. Thicken with flour, add butter, pepper and salt. Serve with croutons or crisp crackers.

Mrs. R. H. Cochrane.

VEAL BROTH

A large shank of veal, wash and put on to boil, well covered with cold water, bring to a boil and add salt and ½ cup barley, cook slowly about two hours. Then add a small head of celery cut fine, 1 onion, 1 cup of carrots chopped, and cook another hour. Thicken with a tablespoon of flour mixed smooth with cold water.

Mrs. Christie.

CREAM OF ASPARAGUS SOUP

Cook one bunch of Asparagus in just enough water to cover, add small teaspoon salt. Scald in separate dish:

1 pint of milk
1 tablespoon butter
dash of pepper, tiny pinch of Cayenne and 1 tablespoon flour. Stir smooth with a little cold milk. Add to Asparagus.

B. J. J.

CREAM OF CORN SOUP

1 can of corn
1 pint of hot water
1 quart of milk
1 heaping tablespoon of flour
2 tablespoons of butter
1 sliced onion
salt and pepper to taste

Crush the corn in a potato ricer. To the liquid add the milk and hot water with the onion, letting this come to a boil. Stir into this boiling mixture the flour and butter, which have been mixed together until smooth. Strain and season to taste.

Mrs. Hamilton.

BOUILLON

Take $\frac{1}{4}$ cup each of turnip, carrot and celery, and 1 teaspoon of onion to 2 quarts of meat stock.

Cook vegetables in 1 quart of boiling, salted water until very well done. Then strain, adding vegetables to the meat stock. Heat slowly, bringing to the boiling point, and serve.

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OYSTER SOUP

- 2 tablespoons cracker crumbs
- 1 tablespoon butter
- 1 cup of milk
- 8 or 10 oysters, salt and pepper

Scald the milk in a sauce pan, adding the cracker crumbs and the seasonings. Then add the butter and oysters. When the butter is melted, the oysters are done.

Mrs. A. H.

SOUP GARNISHINGS—CROUTONS

Cut stale bread in third inch slices and remove crusts, spread thinly with butter, and cut slices in third inch cubes or squares. Put in a pan and bake until delicately browned, or fry in deep fat.

CHEESE STICKS

Cut stale bread in third inch slices and remove crusts. Cut these slices in half, and spread thinly with butter, sprinkle with grated cheese and season with salt and paprika. Put in a pan and bake until delicate brown.

Mrs. A. L. Hamilton.

CANNED TOMATO SOUP

- 1 peck ripe tomatoes
- 4 or 6 large onions
- 1 bunch of celery
- Boil together, then strain
- $\frac{1}{2}$ teaspoon Cayenne pepper
- 1 tablespoon or a little more salt
- $\frac{1}{2}$ cup butter and $\frac{3}{4}$ cups flour mixed together
- Then add to the mixture
- Boil for a little while.

B. DeLaplante.

POTATO SOUP

6 medium sized potatoes

1 onion, boiled in a little water until soft

Put through a sieve. Add 3 cups of milk, butter the size of a small egg, and salt and pepper to taste.

M. M. W.

CAMPBELL'S TOMATO SOUP

1 basket tomatoes

3 or 4 onions

2 sweet peppers

1 bunch of celery

Cook 1 hour, put through sieve, add $\frac{1}{2}$ cup of sugar, $\frac{1}{4}$ teaspoon salt, 3 or 4 bay leaves (if desired). Boil one-half hour. Add $\frac{1}{2}$ cup of flour moistened. Boil three-quarter hours, bottle hot.

To be prepared in fall for use in winter.

Mrs. D. A. Christie.

CLAM CHOWDER

$\frac{1}{2}$ pound of bacon finely chopped, put in a kettle and brown,

1 $\frac{1}{2}$ doz. clams

4 potatoes

5 onions

$\frac{1}{4}$ cabbage, medium size

1 bunch of celery

3 carrots

Mince the clams and vegetables and boil same in 4 quarts of water until tender, then add $\frac{1}{2}$ can tomatoes and the bacon, season with pepper, salt, nutmeg and Worcester sauce.

Mrs. Chas. M.

CHICKEN SOUP

1 chicken
3 carrots
1 pint of tomatoes
1 teacupful of lima beans
1 pint of milk
flour, cayenne and salt to taste

Mode : Cut up a chicken into small pieces and put in a saucepan with sufficient water to cover it; cut up the vegetables and add them with the beans. Keep the saucepan simmering for three hours; then add the milk and thicken smoothly with flour. Simmer for 1 hour longer, then add the seasoning and serve. Sufficient for 4 persons.

Mrs. M. J.

Fish and Oysters

"From the waters you can lure,
Things to please the epicure."

WHITE FISH

Pour a white sauce, in which mix cheese and mushrooms, over flaked white fish, and brown in oven.

Mrs. F. H. Kilbourn.

CREAMED OYSTERS

1 quart of oysters
1 pint cream or sweet milk

Thicken with a little flour as for gravy. When cooked, pour in oysters with liquor, pepper, salt and butter, a little nutmeg or mace. Have ready a platter with nicely browned toast. Pour creamed oysters over, and serve hot.

Mrs. J. R. Cunningham.

FRIZZLED OYSTERS

Dry 1 quart of oysters on a napkin. Put butter in a frying pan, when very hot, put in oysters. Season with pepper and salt. Serve hot.

Mrs. W. McCullough.

FRIED OYSTERS

Drain oysters, dip them in cracker meal, then in well beaten egg; then again in cracker meal; then fry a nice brown in hot lard.

Mrs. J. H. Morran.

CREAMED OYSTERS

- 1 pint oysters
- 2 tablespoons butter
- 2 tablespoons flour
- 1 pint cream
- 1 teaspoon celery
- pinch of salt and dash of pepper

Beat the butter, then add flour, blend well together, and when smooth, gradually add the cream, stirring constantly until the sauce is smooth. Add the oysters, which have been well rinsed and drained; bring to the boiling point, season and serve.

Mrs. M. Crawford.

PANNED OYSTERS

1 quart of oysters, as many slices of stale graham bread toasted, as you have pans for the oysters, (cut off crusts before toasting,) butter, pepper and salt. Have ready small pate-pans. Cut the stale bread into rounds fitted to the bottom of the pans; toast, butter well and put a piece in the bottom of each pan. Wet with oyster liquor and lay upon the toast as many oysters as the pan will hold. Pepper and salt and lay a bit of butter upon the top. Arrange in a large dripping pan, fit a cover closely over it, and bake eight minutes in a quick oven. Serve at once in the pans.

Mrs. J. Armour.

OYSTER COCKTAILS

Three dozen fine, raw oysters. Make a sauce of a tablespoonful each of lemon juice and tomato catsup, one teaspoonful of grated horseradish, a pinch of cayenne, a pinch of salt, and six drops of tobasco sauce. Chill it thoroughly, also the oysters and the cocktail glasses. Put six oysters into each glass, and divide the sauce equally between them. Lay a peeled slice of lemon upon the top of each.

Mrs. J. Armour.

OYSTER SHORT CAKE

2 cups flour
1 quart oysters
2 teaspoons baking powder
 $\frac{1}{2}$ cup butter
 $\frac{1}{2}$ teaspoon salt
2 tablespoons cornstarch
 $\frac{3}{4}$ cup milk
 $\frac{1}{4}$ cup cream
pinch of pepper

Mix flour, baking powder and salt, then sift twice; work in butter with tips of fingers, add milk gradually. The dough should be just soft enough to handle. Toss on floured board, divide into two parts, pat lightly and roll out. Place in two shallow cake tins, and bake in quick oven fifteen minutes. Spread with butter. Moisten cornstarch with cream and put into pan with oysters and seasonings and make very hot. Allow to cook a few minutes, then pour half over one crust, place other crust on top, and pour over rest of oysters. Serve at once. Sufficient for one large short cake.

Mrs. G. V. Foot.

STEWED OYSTERS

Pick over and wash one quart of oysters. Scald one quart of milk. Strain, boil and skim oyster liquor; when clear, add oysters. Cook till oysters are plump and well ruffled; take from fire and add hot milk, salt and pepper. If desired thicker, rub together one tablespoon each of butter and flour. Add to milk and stir until smooth. This may be varied by the addition of a little chopped celery or onion.

Mrs. G. V. Foot.

SALMON BALLS

1 can of salmon, free from bones and skin
3 cold boiled potatoes, chopped fine
1 egg beaten and mixed with salmon and potato
salt and pepper

Make into little cakes and roll in cornmeal or cracker crumbs. Fry in hot lard.

Mrs. W. McCullough.

SALMON CROQUETTES

1 can salmon
1 cup rolled crackers
make a sauce of the juice of the salmon
 $\frac{1}{2}$ cup milk
salt and pepper
1 heaping tablespoon flour

Mix with salmon and crackers, shape into balls or rolls (if needed, more crackers may be used;) dip in beaten egg, then in cracker crumbs, and fry in hot lard.

Mrs. J. R. Cunningham.

FRIED FISH

Clean, removing head and tail. Wash in cold water and dry with cheese cloth. Dust with salt, pepper and flour on both sides. Heat one tablespoonful of bacon drippings or other fat in pan over fire. Put in fish, brown quickly on both sides. Reduce heat and fry 5 or 10 minutes longer. Serve with chopped parsley and lemon.

Mrs. J. H. Morran.

BAKED SALMON

1 can salmon, minced fine
1 cup cracker crumbs
1 cup milk
1 well beaten egg
Butter the size of a walnut

Bake in a quick oven. Garnish with parsley. Serve hot.

Mrs. J. H. Morran.

HALIBUT STEAK BAKED WITH TOMATOES

Have ready a rich tomato sauce well seasoned. Cook 15 minutes, strain through a collander and cool. Lay the halibut in a mixture of salad oil and lemon juice for an hour. Take out the fish and place upon the grating of your covered roaster. Pour the tomato sauce over it; cover and bake twelve minutes to the pound, in a good oven. When it is done, grate a few spoonfuls of parmesan cheese over it, and cook five minutes longer. Serve upon a hot dish, pouring the boiling sauce from the roaster over it.

Mrs. J. Armour.

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PLANKED SALMON

Have salmon cut in steaks $1\frac{1}{2}$ or 2 inches thick. Butter plank thoroughly. Place fish upon it and broil under gas broiler, turning flame low after first few minutes, or it can be baked in oven of range. Serve on plank, surrounded by potato balls cut with French vegetable cutter. Heat $\frac{1}{4}$ cup cream, add salt and pepper, and 3 tablespoons finely chopped parsley.

Shake potato balls in this until well covered with seasonings. Serve Hollandaise sauce with planked salmon.

Mrs. E. Foot.

CODFISH BALLS

1 cup salt codfish
2 cups potatoes, cut in small pieces
 $\frac{1}{2}$ tablespoon butter
1 egg
pinch of pepper

Wash and shred the codfish into small pieces. Put potatoes into deep saucepan, cover with cold water. Add fish, and boil until potatoes are soft. Take from fire, drain well, beat up with fork until light and all lumps are out of potatoes. Add seasoning, butter and slightly beaten egg. Drop by spoonfuls into deep fat, hot enough to brown a piece of bread in 40 seconds, and fry a golden brown. Drain on a brown paper, and serve immediately.

Mrs. H. Howell.

BOILED BASS OR OTHER FISH

Put sufficient water in pot to nicely cover fish.

Add $\frac{1}{2}$ cup vinegar

1 teaspoon salt

1 onion

1 doz. whole black peppers

1 blade mace

Sew up fish in clean muslin cloth fitted to shape. Heat slowly for first half hour. Then boil 8 minutes at least to each pound of fish. Unwrap and pour over it, one cup of drawn butter based upon the liquor in which fish was boiled, with juice of a half lemon stirred into it.

Mrs. S. Rudolph.

FRIED SALMON

Clean thoroughly, rub well with salt inside and out, hanging up to drain for 12 to 24 hours. When ready to cook, take out bone and cut in pieces, dip in fritter batter and fry in deep fat for one-half hour.

FRITTER BATTER

1 cup flour

$\frac{1}{2}$ teaspoon baking powder

$\frac{1}{4}$ teaspoon salt

2 eggs

1 cup milk

Beat well.

Mrs. Sinclair.

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OWEN SOUND, ONTARIO

FISH CROQUETTE

1 cup boiled fish
1/2 cup boiled rice
salt and pepper to taste

Mix it all well together, make croquettes, dip in egg and roll in bread crumbs and fry until brown. Garnish with parsley and slices of hard boiled egg.

Mrs. Porte.

SALMON LOAF

Take one can salmon or any left over fish. Remove the bones, and beat up fine. Beat 2 eggs, 1 cup milk, rolled biscuit, salt and pepper. Mix into fish. Steam or cook in oven for one-half hour.

Mrs. Geo. E. Dunoon.

PICKLED FISH

Wash fish carefully and wipe dry. Cut up pieces about 2 or 3 inches square. Place a layer of fish in a small crock or earthen dish. Sprinkle liberally with mixed pastry spice, salt and pepper. Repeat layers of fish and spice till fish is used up. Then cover with good vinegar, (malt is best, but cider will do.) Cover dish closely and cook in oven for 1 1/2 to 2 hours. Will keep for weeks.

Mrs. J. J. Douglas.

BAKED FISH

After washing the fish, wipe thoroughly with towel. Shake a little salt and pepper on inside and outside. For dressing use very dry bread crumbs rolled fine. For a medium sized fish, use 3 cups crumbs, 3 teaspoons onion juice, 2 of butter, a little sage and a dash of nutmeg. Cook in not too hot oven. Serve with tomato catsup. An egg added to dressing is good.

Mrs. Graham.

KNOX ACIDULATED GELATINE saves the cost, time and bother of squeezing lemons

Meats, Game and Poultry

"No man e'er thought a meal complete
Without a slice of juicy meat."

BROWNE STEAK WITH ONIONS

Into 1½ lbs. of thick round steak pound 1 cup of flour, then brown. Cover with six onions sliced, salt and pepper and a little water. Cover tight and cook slowly for one hour. Just before removing from pan, dot top with pieces of butter. Lift carefully from pan onto a hot platter.

Mrs. M. R. Duncan.

POT ROAST

Sear the meat first, then add a little water, salt and pepper and two or three large onions cut and placed around the meat. Let five pounds of meat cook about 2½ hours on top of stove, covered. Let brown well on both sides.

Mrs. C. G.

BAKED CHICKEN

Prepare and cut a young chicken, same as for stew. Wash and roll each piece in flour. Lay in greased baking pan, salt and pepper and pieces of butter on top. Partly cover chicken with boiling water, and bake about one hour.

Mrs. C. H. Thompson.

VEAL CUTLETS BREADED

Remove bones. Beat up one egg with a teaspoon of salt and pepper. Dip each piece of meat in the egg, then in fine bread crumbs. Fry in lots of fat till brown. The above recipe is nice also for fish.

Mrs. C. H.

BROWNED BEEF'S TONGUE

Boil a large, fresh beef's tongue gently until a skewer passes easily through it. Have ready in a saucepan, a pint of weak stock or some of the pot liquor, strained and skimmed, to which you have added a tablespoon of chopped onion, as much mixed parsley, a couple of stewed tomatoes, strained, a pinch of mace and the same of cloves, salt, pepper and a teaspoon of sugar. When these ingredients have simmered together for half an hour, lay the tongue, skinned and trimmed, neatly in a dripping pan. Pour this gravy over it. Bake covered and baste often for one hour. Take the tongue up and keep warm while you thicken the gravy with browned flour, adding a little made mustard. Pour over the tongue.

Mrs. M. R. Duncan.

CHOP SUEY

Remove the breast meat from an uncooked chicken. Cut in strips one inch long. Melt one tablespoon butter. Add chicken meat; cook two minutes. Then add $\frac{3}{4}$ cup of celery cut in thin slices crosswise, 1 onion sliced, 6 mushrooms cut in slices, cook five minutes, add 1 cup of chicken stock, $\frac{1}{2}$ teaspoon of sugar, 2 teaspoons of any sharp sauce, 1 green pepper, (remove seeds,) cut in thin strips, and 1 tablespoon of cornstarch diluted in 2 tablespoons water. Bring to a boil, let simmer 10 minutes.

Mrs. B. F.

SALT FRIED PORK

Slice pork, parboil in milk, fry till brown.

Mrs. A. M.

CASSEROLE STEAK

Two pounds round steak, cut in pieces, roll in flour and brown on each side in frying pan. Then put in casserole dish, sprinkle chopped onion over meat, pepper and salt to taste. Add enough water to make a gravy. Put on cover and bake in a moderate oven for 2 hours. (Onion may be omitted.

A Friend.

STEAK WITH TOMATO SAUCE

Two pounds of round steak, cut in pieces, roll in flour and brown on each side in frying pan. Then take a can of tomatoes, pour part of tomatoes over meat and let simmer for two hours. Add a little water from time to time to keep from burning. Before serving, add remainder of tomatoes. Let them get hot, then serve.

Mrs. C. H. T.

IRISH STEW

Place 2 pounds of breast of mutton in a pot with 1 pint of water and a little salt. Let boil gently for an hour. Take off all fat. Take out the meat, cut in fine pieces. Have ready 8 or 10 good sized potatoes, pared and cut in halves; 3 or 4 good sized onions, peeled and sliced. When fat has been taken off broth, put in a layer of potatoes, then season with pepper and salt, and a layer of meat over potatoes and a layer of onions over meat, and repeat till all is in. Cover closely and stew very gently for 1 hour, shaking gently that it may not burn.

Mrs. C. H. Thompson.

BAKED HAM

Soak sugar cured ham overnight. In the morning, put in kettle with 1 onion, 1 carrot, 6 cloves, 6 peppercorns, 1 bayleaf, and cold water to cover. Simmer two hours, remove skin, place on rack in baking tin, baste often with 1 cup of water in which ham was boiled. Bake from two to three hours. When done, stir 1 tablespoon of brown sugar in 2 of sweet cider, rub over ham and brown. Serve hot with liquor from pan, skimmed and drained.

Mrs. R. H. Cochrane.

ROAST GOOSE LIVER FILLING

Select goose weighing about 8 to 10 lbs., draw and rinse it out with several waters. Make a dressing of 1 quart bread (which has been soaked in cold water and strained thoroughly,) 3 eggs; take the goose fat and melt in pan in which 2 finely chopped onions are fried; take $\frac{1}{2}$ lb. minced liver and add to onions; mix this with bread and season with pepper and salt, nutmeg and parsley. Stuff body and breast with dressing, sew up, rub goose with salt and pepper, put in covered roasting pan with about 1 cup soup stock. Also place an onion and apple in roasting pan to flavor meat. Roast about 2—3 hours and baste frequently.

L. B.

ROAST TURKEY, OYSTER FILLING

Select turkey weighing from 10 to 12 lbs., draw and rinse it out with several waters. Make a dressing of 1 quart stale bread chopped fine, 2 eggs, 3 tablespoons butter, 1 teaspoon sage, 1 pint small oysters or large ones chopped into small pieces. Stuff body and breast with dressing, sew up, rub turkey over with butter, salt and pepper, put in covered roasting pan with about 1 cup of soup stock.

Mrs. P. A. P.

SWEETBREAD CUTLETS WITH ASPARAGUS TIPS

Parboil a sweetbread, split and cut in pieces shaped like a small cutlet, or cut in circular pieces. Sprinkle with salt and pepper, dip in crumbs, egg and crumbs again and saute in butter. Arrange in a circle around cream-ed asparagus tips.

Mrs. J. R. Dier.

ROAST VENISON

As the juices escape easily from venison, it is important to cook in such a manner as to retain the juice, else the meat will be dry.

Rub flour well into the surface of a roast of venison before cooking. Have oven quite hot when you put meat in so that it may be seared well on outside. The oven may be cooled down later.

Red currant jelly is the correct accompaniment to roast venison, but grape or even apple makes a good substitute.

The stewing pieces of venison, we prepare as we do the jugged hare, and serve with jelly.

Corned venison can be used hot, but is especially good cold. Boil slowly for several hours, according to the size of the piece. Press into a bowl, cover with plate, and place a weight on top. Let stand in a cold place over night or until firm enough to be sliced quite thin. Serve with mustard.

Mrs. J. J. Douglas.

BRINE FOR MAKING CORNED VENISON, BEEF OR PORK

1 gallon water into which dissolve enough common salt to float an egg or potato (half immersed). Add a heaping teaspoon of salt peter, $\frac{3}{4}$ cup of mixed pickling spice and 1 lb. brown sugar. Boil for 15 minutes. When cold,

pour over meat in a crock. Meat will be ready for use in 10 days. If you wish to keep meat for some time, or to use brine for other meat, freshen brine in following way: In about two weeks time, pour brine off meat and bring to boil, skim well or strain, which will remove all congealed meat juice. When cold, pour over meat again. It will then keep for weeks.

If meat has been in long enough to become too salty, soak in clear water before cooking.

Mrs. J. J. Douglas.

BULLOCK'S HEART

Soak the heart for a number of hours in warm water. Remove the lobes and stuff the heart with veal; sew it up securely, roast for two hours, keeping it basted frequently. Serve with brown gravy and currant jelly.

N. K.

DRY SALT PORK

51 lbs. pork, shoulders and hams. Put 2 lbs. salt, $\frac{1}{2}$ lb. brown sugar, 1oz. salt peter, 1 oz. black pepper. Put on half, let stand 8 days, then use other half and let stand 8 days, then hang up until dry.

Mrs. R. Patterson.

MEAT PATTIES

1 lb lean meat or minced steak, 2 rolled soda biscuits, 1 onion, 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper, 2 beaten eggs. Mix well, make into patties, roll in flour and fry.

Mrs. Geo. E. Dunoon.

SWIFT'S STEAK

1 lb. round steak, pound it well with edge of an old saucer, take $\frac{1}{2}$ cup flour and pound well in. Do this to both sides. Melt suet in frying pan, and when smoking hot, drop in pieces of steak. Brown on both sides, salt and pepper, add water to cover, and cook slowly for one hour.

Mrs. Jas. Frost.

CANNED CHICKEN

Cut up chicken, put in covered roast pan with water to nearly cover. Salt and pepper to season. Cook until meat comes off bones. Pack into jars and pour liquid over it. Put covers on, and boil in jars for $\frac{1}{2}$ hour. Seal tightly and boil for $3\frac{1}{2}$ hours with water to cover the jars.

Mrs. J. A. Thompson.

JUGGED HARE, (STEWED)

A simple way of cooking an old-fashioned dish.

Joint the hare, soak in salt and water over night. In the morning, wash in clear water, and put to soak, well covered with water. Add 2 good sized onions (sliced,) butter the size of an egg, 1 heaping tablespoon sugar, 1 heaping teaspoon mixed pastry spice. Boil slowly until tender (about $2\frac{1}{2}$ hrs. if hare is old), add 1 pint of rich milk or cream. Salt and pepper to taste, and thicken with browned flour.

Serve with red currant jelly.

Cotton-tail rabbits, which are getting very numerous in this district, make delicious eating.

They can be cooked like chicken, stewed, fried, roasted or made into pie.

To Roast—Stuff, cover with strips of bacon.

To Fry—Brown in butter, and salt and pepper to taste. Cover with water. Cover pan closely and simmer $1\frac{1}{2}$ hours. Thicken gravy.

Mrs. J. J. Douglass.

BOSTON BAKED BEANS

For small family, soak 1 quart beans over night with soda the size of a pea. In the morning, wash well and put on to boil with 1 lb. of salt pork. Boil until tender.

Then put in an earthen dish to bake. Add large table-spoon molasses, $2\frac{1}{2}$ tablespoons sugar, a little butter, a dash of pepper. Bake at least 6 hours. If too dry, add a little water while baking. Some chili sauce or catsup may be added.

Mrs. W. J.

JELLIED VEAL

Take a small veal shank, wash, place in kettle and cover with cold water. Simmer until the meat is falling off the bones. Cut veal into cubes and place in mould. If desired, add sliced hard boiled eggs, pimento or sliced olives in bottom of mold. Boil down liquid to half quantity. Season to taste, pour over meat. Let stand till jellied.

Mrs. F. J. Corbet.

ROAST PARTRIDGE

Stuff with dressing made with crumbled bread, butter, salt and pepper and a pinch of summer savory. Place in roasting pan with breast side down, cover with thin strips of breakfast bacon. Turn birds over to brown, a short time before serving. Serve with bread sauce.

BREAD SAUCE

4 large onions, slice and boil till soft. Rub as much of onion as possible through strainer. To the liquid the onions were boiled in, and the strained onions, add $\frac{1}{2}$ cup milk, crumble in bread enough to make thick. Add good tablespoon butter, pepper and salt. Also good with roast chicken.

Mrs. J. J. Douglas.

YORKSHIRE PUDDING

2 eggs

$\frac{1}{2}$ pint sweet milk

1 cup flour

1 teaspoon baking powder

sift together with a pinch of salt. Mix to consistency of cream. Bake under roast beef, leaving fat in the pan.

Bake for twenty-five minutes.

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TOMATO DUMPLINGS

- 1 cup flour
- 2 teaspoons baking powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{3}$ cup sweet milk

Sift dry ingredients, make soft dough by adding milk, and drop from spoon into hot tomatoes, about one can. Cover and cook gently for about 15 minutes.

Mrs. F.

Mary Black. New Lisheard

Ginger Bread

- 1 cup brown sugar*
- $\frac{3}{4}$ cup butter or lard or mixed.*
- 1 cup sour milk*
- 1 small cup mollasses.*
- 2 cup flour, 2 Eggs, 2 Teaspoons soda*
- 2 Teaspoons ginger a little cinnamon &c*
- have mixture like thick cream, bake 20 min*
- or until done.*

Pancakes, Fritters and Croquettes

"Here's the dish, and what's the hurry?
Throw things in and never worry;
Stir together what you wish,
'Twill be an appetizing dish."

CHICKEN CROQUETTES

4½ lbs. chicken, boil and chop very fine, moisten to a thick pulp in liquid, in which it has been boiled. Mix with this 1½ pints of mashed potatoes, beaten to a cream, 3 eggs, 1 teaspoon of mustard, salt and pepper to taste, a little celery chopped very fine. Soften with milk till very soft. Add ¼ lb. butter. Mould into forms, dip in egg and cracker dust and fry in boiling lard.

Mrs. W. H. Port.

POTATO BALLS

Have an egg well beaten, and a dish of finely ground biscuit crumbs.

With the hands, shape the creamed potatoes into flat cakes. Dip the cake in the beaten egg, then in the biscuit crumbs. Brown well on a hot greased pan.

Violet Willoughby.

CORNMEAL PANCAKES

1½ cups sour milk
¾ cups cornmeal
1 cup flour
1 tablespoon brown sugar
1 teaspoon soda
1 egg
a little salt
Mix and fry.

Mrs. W. H. Merrit.

RICE CROQUETTES

Boil 1 cup of rice in 1 quart of water till tender. While warm, add a piece of butter the size of an egg and 2 eggs. Make into rolls, dip them in crumbs and fry in lard or butter.

Mrs. Porte.

PANCAKES, (NO. 1.)

2 eggs
2 cups flour
2½ teaspoons baking powder
2 tablespoons white sugar
2 cups sweet milk
butter the size of a walnut
a little salt
Drop on hot greased pan.

Mrs. Foley.

PANCAKES, (NO.2.)

2 cups sour milk
1 teaspoon baking soda
little salt
1 tablespoon shortening
1 tablespoon cornmeal flour to thicken enough to drop.

Mrs. Foley.

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BREAD CRUMB GRIDDLE CAKES

Soak stale or dry bread, biscuits or muffin crumbs in sour milk or buttermilk for several hours until soft.

1 cup flour

1 teaspoon soda

1 teaspoon salt

1 cup soaked crumbs

cold water to make a pour batter. Sift the flour, salt and soda into a bowl. Make a hollow in the centre and pour in the soaked crumbs. Stir until the dry ingredients are all moistened. Beat thoroughly. Add enough cold water to make a thin batter. Drop 1 tablespoon on a hot greased pan. Cook until full of bubbles, then turn over. Cook until brown. Serve very hot.

Violet Willoughby.

BANANA CROQUETTES

Remove skins from bananas, scrape, cut in halves cross-wise; remove a slice from each end. Dip in crumbs, egg and crumbs again. Fry in deep fat and drain on brown paper.

Mrs. J. R. D.

POTATO PANCAKES

Pare and grate 4 medium raw potatoes. Beat well 2 eggs. Add 1 teaspoon salt, $\frac{1}{4}$ cup flour and $\frac{1}{4}$ cup sweet milk. Beat all together thoroughly and cook slowly.

Mrs. M. L. Wing.

CORN FRITTERS

1 cup corn

1 cup flour

1 teaspoon baking powder

2 teaspoons salt

a little pepper

1 egg

Cook in deep fat.

E. H.

FRITTERS

1 cup flour
1 cup water
2 eggs beaten separately
A little melted butter may be added..

J. L. M.

Supper Dishes

"You can often change the complexion of an article by putting it in hash, and adding a little onion."

SUPPER DISH

2 cups cold boiled rice. Let 2 onions fry to golden brown in butter. Add: 1 can tomatoes, season with salt and pepper. Stir in rice. Grate $\frac{1}{4}$ lb. cheese over top, cover with bread crumbs, and place in oven until cheese is dissolved.

Mrs. C. E. Brien.

CREAMED PEAS AND CHEESE ON TOAST

Make a cream using :

2 cups milk

1 teaspoon salt

$\frac{1}{4}$ teaspoon pepper

When thickened add 1 cup canned peas and $\frac{1}{2}$ cup grated cheese. Serve on buttered toast.

R. McK.

FOAMY OMELETTE

Separate yolkes and whites of four eggs. Beat yolkes until thick and lemon colored in a bowl with Dover beater. Add 4 tablespoons water, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{8}$ teaspoon pepper. Beat whites until stiff and dry, fold yolkes into them. Turn into a moderately hot omelette pan, in which $\frac{1}{2}$ tablesspon of butter has been melted, and cook over a very slow fire for 12 minutes. Then place in a moderate oven to brown on top. Fold, turn onto a hot platter, and serve at once.

Mrs. C.

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CHEESE FONDU

Melt 1 ounce of butter, and whisk into it 1 pint of boiled milk. Dissolve 2 tablespoons of flour in a gill of cold milk. Add it to the boiled milk and let it cool. Beat the yolkes of 4 eggs with a heaping teaspoon of salt, half a teaspoon of pepper, and 5 ounces of grated cheese. Whip the whites of eggs and add them. Pour the mixture into a deep tin lined with buttered paper, and allow 4 inches for rising. Bake 20 minutes. Serve the moment it leaves the oven.

Mrs. A. H. Smith.

MACARONI WITH CHEESE

Put a layer of boiled macaroni in buttered baking dish, then a layer grated cheese, repeat. Pour over this a cream sauce. Add some chili sauce. Cover with bread crumbs and bake until crumbs are rich brown.

Mrs. R. H. Cochrane.

WELSH RAREBIT

Grate 3 ounces of dry cheese, mix with the yolkes of 3 eggs. Put 4 ounces of grated bread and 3 ounces of butter. Beat the whole together in a mortar, with a desert-spoonful of made mustard, salt and pepper. Toast slices of bread, cut into shapes, and spread the paste thick upon them. Put in oven, let them become hot and slightly browned. Serve hot.

Mrs. A. Smith.

CHEESE SOUFFLE

2 tablespoons butter
3 tablespoons flour
 $\frac{1}{2}$ cup scalded milk
 $\frac{1}{2}$ teaspoon salt
A few grains cayenne
 $\frac{1}{4}$ cup grated old English or young American cheese

Whites 3 eggs

Melt butter, add flour, and when well mixed, add gradually scalded milk. Then add salt, cayenne, and cheese. Remove from fire, add yolkes of eggs beaten until lemon-colored. Cool mixture and cut and fold in whites of eggs beaten until stiff and dry. Pour into a buttered baking dish and bake twenty minutes in slow oven. Serve at once.

Mrs. F. Corbet.

RICE CHEESE

1 cup of rice,
grated cheese, butter, salt, milk, cayenne

Put into a baking dish, alternate layers of boiled rice and cheese, sprinkled with cayenne, salt and butter. Cover the whole with milk. Bake 20 minutes. Very nice to serve when fish is being used.

A. H.

SCALLOPED CHEESE

Any person, who is fond of cheese, could not help but favor this recipe. Take 3 slices of bread, well buttered, grate fine $\frac{1}{4}$ lb. cheese. Put the bread in layers in a buttered dish, sprinkle over it the grated cheese, salt, and pepper to taste. Mix 4 well beaten eggs with 3 cups of milk. Pour it over the bread and cheese. Bake in a hot oven as you would a bread pudding. This makes an ample dish for 4 people.

Mrs. A.

OYSTER TOAST

Put 6 oysters, $\frac{1}{2}$ cup of their own liquor, $\frac{1}{2}$ cup milk in sauce-pan, and boil one minute. Season with pepper, salt and butter, and thicken a little with flour. Pour over buttered toast and serve.

STUFFED EGGS

Boil eggs hard. Peel and cut in halves. Remove yolkes, mash and mix with mayonnaise, chopped parsley and rolled cracker crumbs. Put back into whites. Stand up on platter and serve on lettuce leaf.

SHREDDED WHEAT OYSTER, MEAT OR VEGETABLE PATTIES

Cut oblong cavity in top of biscuit, remove top carefully and all inside shreds, forming a shell. Sprinkle with salt and pepper, put small pieces of butter in bottom, and fill the shell with drained, picked and washed oysters. Season with additional salt and pepper. Replace top of biscuit over oysters, then bits of butter on top. Place in a covered pan and bake in a moderate oven. Pour oyster liquor or cream sauce over it. Shell fish, vegetables, or meats may also be used.

BAKED CREAM POTATOES

Cut cold potatoes in dice. Heat in a frying pan :

1 cup sweet milk

1 large spoon butter

a little salt and pepper.

Mix 1 small tablespoon flour with a little of the milk and stir into the heated milk, then add the potatoes, let stand until thoroughly heated, but do not boil. Turn into a warm greased dish and brown in oven.

SCALLOPED SWEET POTATOES

Boil potatoes until half done, pare and slice crosswise in half-inch slices; butter a quart pan well, put in the slices in layers, sprinkle sugar, salt, pepper and bits of butter over the top. Pour over them one-half cup cream, bake 20 minutes.

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STUFFED POTATOES

Bake $\frac{1}{2}$ doz. large potatoes, when well done cut long way, scrape out centre, mash it well. Stir in 1 tablespoon butter and $\frac{1}{4}$ cup milk, salt and pepper. Then stir in lightly the well beaten whites of 2 eggs, put back in skins, brush over with a little egg and water, and brown in oven.

Mrs. Cochrane.

PARSNIP FRITTERS

Make ordinary fritter batter. Have boiled 4 or 5 parsnips (whole). Put fritters on pan and slice parsnips lengthwise. Lay 2 or 3 slices on top of each fritter. The number of slices to use on each fritter will depend on size of fritters. Brown nicely and serve with any good syrup or honey.

Mrs. W.

BAKED CABBAGE

Boil a head of cabbage, (a loose head is preferable), very soft in salted water, drain dry in colander and chop very fine. Fry a small onion chopped fine in a heaping spoonful of butter. When just turning yellow, add the cabbage, also a cup of bread crumbs, pepper, salt and nutmeg, and 2 eggs. Mix all together and spread smooth in shallow buttered pans. Bake in oven a nice brown, cut out in squares and serve in a hot dish.

Mrs. Albert S.

Before roasting potatoes, rub with dripping or butter. When roasted, the potatoes will be smooth and brown.

Mrs. W. Wright.

POTATO NESTS

Take creamed mashed potatoes, roll in balls, dip in bread crumbs. Take out a tablespoonful, fill with green peas, brown in oven.

Mrs. C. Thompson.

TURNIPS

Wash and pare the turnips, cut in slices, and cook in boiling salted water for forty-five minutes. When done, drain from water. Mash, season with salt and pepper and butter. Serve hot.

Mrs. D. McL.

BOILED ASPARAGUS

Wash asparagus in cold water, cut off tough white ends, tie in small bundles, put in kettle of boiling water and boil for twenty minutes. Add 1 teaspoon salt. While asparagus is boiling, toast squares of bread. Butter while hot and lay on a heated platter. Take up the asparagus, drain, cut the strings, and heap on toast. Melt 1 tablespoon butter, add to it 1 tablespoon flour. Mix until smooth. Add $\frac{1}{2}$ pint of the water in which the asparagus was boiled. Stir until it boils. Season with salt and pepper to taste. Pour over asparagus and serve.

Mrs. D. McLean.

CREAMED POTATOES

Make a cream sauce, using 1 tablespoon flour to 1 cup of milk. To every cup of sauce, allow 2 cups diced potatoes, (cold). Season with fine chopped onion or parsley. Re-heat the potatoes in the sauce in double boiler.

Mrs. E. C. Scarrow.

FRIED TOMATOES

Cut smooth, solid tomatoes into slices about an inch thick. Do not take skins off. Dip each piece in a beaten egg and roll in bread crumbs. Season with salt and pepper and fry in hot butter. Serve on a heated platter.

Mrs. H. S.

MUSHROOMS

Drop one minute in salted water, pare and cut off stems. Dip in melted butter, season with salt and pepper, fry on both sides. Serve on toast.

Mrs. E. C. Scarrow.

BAKED TOMATO

Take a slice from top of tomatoes, scoop out pulp. Mix with an equal quantity of cold, cooked rice. Add salt, pepper, butter, one chopped green pepper, and a few drops of onion juice. Re-fill tomato shells, cover with tops and bake one-half hour.

Mrs. E. McKay.

MINT SAUCE

1 bunch mint (10 stalks)
1 tablespoon white sugar
4 tablespoons vinegar
salt and pepper

Cut mint very fine, add sugar, salt and pepper. Rub well and add vinegar.

Mrs. H. S.

BAKED ONIONS

Remove skins from good sized onions. Put in pan with roast of beef. Sprinkle with salt and pepper, and baste often.

Mrs. Kirkland.

PARSNIPS

Pare and quarter parsnips, cover with water. Let water all boil down. Add butter, pepper and salt, and fry slightly.

Mrs. W. M.

CREAMED CABBAGE

Shred cabbage coarsely, boil in salt water ten minutes, then pour over it cream sauce.

Mrs. G. H. Holmes.

YANKEE BOILED DINNER

- 1 lb. pickled pork
- 1 lb. cabbage
- 6 or 8 potatoes
- 4 beets
- 4 turnips
- 3 carrots

Put all together in kettle with hot water to cover. Boil slowly two or three hours. Season to taste. Corned beef may be used.

Mrs. W. M.

STEWED CORN

Cut and scrape sweet corn off the cob. Put into a stew pan with milk, butter, salt and pepper. Cook gently until well heated.

Mrs. H. E.

PARSNIPS

Brush, clean and lay in cold water to become crisp. Cook in boiling salted water until tender. Throw into cold water and slip the skins, and serve either plain or mashed. Season with butter, pepper and salt or a thin cream sauce.

Mrs. W. H. Mills.

BOILED ONIONS

- 1 doz onions
- 1 tablespoon flour
- 1 tablespoon butter
- 1 cup milk
- salt and pepper to taste

Peel onion and put into boiling salted water, and boil until tender about forty minutes, drain, turn carefully into vegetable dish. Put butter into frying pan, when melted, add flour and mix smooth. Then add milk and stir until it boils. Add salt and pepper, and pour over the onions.

Mrs. J. G.

BAKED WINTER SQUASH

Cut squash in halves, remove seeds and stringy portion. Place in a dripping-pan, cover and bake two hours or until soft in a slow oven. Remove from shell. Mash and season with butter, salt and pepper.

Mrs. L. Smith.

POTATO, (FRENCH FRIED)

Pare the potatoes and throw into cold water for at least an hour. Cut in slices, or any fancy shape, and dry on towel. Drop quickly into fat hot enough to brown them by the time they come to the surface. Drain on soft paper, sprinkle with salt, serve hot.

... Mrs. L. D.

CARROTS

Cut the tops close to the roots. Wash with brush and scrape. Cut in slices crosswise, and cook thirty or forty minutes. Season with salt, pepper and butter, or serve with white sauce.

SCALLOPED POTATOES

1 quart sliced raw potatoes
2 cups milk (scalded)
4 tablespoons butter
3 tablespoons flour
salt and pepper

Cover the bottom of buttered baking dish with a layer of sliced potatoes. Sprinkle with salt and pepper. Dot with pieces of butter and dredge with flour. Repeat until materials are used. Pour over all the scalded milk and bake in moderate oven from forty-five to fifty minutes.

Miss F. C. M.

BOSTON BAKED BEANS

1 lb. pork, sliced
1 tablespoon mustard
 $\frac{1}{2}$ cup sugar
pepper and salt

Boil 1 quart of beans until skins break open. Place two or three slices of meat in bottom of bean pot. Add a layer of beans, a little mustard, sugar, pepper and salt (if pork is fresh). Continue this until bean pot is filled, leaving a little pork for top. Fill bean pot with water. Bake all day in a moderate oven, adding water occasionally. Serve hot.

Mrs. A. S. R.

POTATO PUFF

2 cups cold mashed potatoes
2 tablespoons butter
2 eggs, well beaten
1 cup milk

Beat potatoes and butter to a cream. Add other ingredients, salting to taste. Beat all well together, pour into a deep dish and bake until nicely browned.

Mrs. H. M. S.

STEWED TOMATOES

Empty a pint can of tomatoes into a stew-pan and place it over the fire. When hot, add 1 small onion, sliced; pepper, salt and a little sugar. Stew twenty minutes. Add butter and $\frac{1}{2}$ cup bread crumbs. Simmer 10 minutes and serve hot.

Mrs. L. P.

CAULIFLOWER

Plunge a head of cauliflower into cold salt water several times. Boil twenty minutes in boiling salted water, drain and serve with cream sauce.

Mrs. S. L. S.

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CANNED BEANS OR PEAS

Pack jars with beans or peas, cover with boiling water. Add 1 desertspoonful sugar and 1 teaspoon salt to the quart jar. Seal tight, put jars in cold water, boil for 3 hours. When done, stand on end. On no account, open jars.

Mrs. M. H. B.

FRIED EGG PLANT

Peel and slice egg plant in slices about $\frac{1}{4}$ inch thick. Sprinkle with salt, and let stand two or three hours. Rinse each slice in cold water and dry. Then dip in egg and biscuit crumbs, and fry in butter until brown.

Mrs. E. McKay.

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Salads and Salad Dressing

"I'm quite ashamed—'tis mighty rude,
To eat so much—but all's so good."

DRESSING FOR FRUIT SALADS

- 4 eggs beaten till mixed
- 4 tablespoons melted butter
- 4 tablespoons each of vinegar and water

Put all in a double boiler and stir steadily until it is as thick as cream. Do not allow it to reach the simmering point, as it will curdle. Remove from fire, and add a dash of salt and white pepper.

Mrs. T.

CREAM SALAD DRESSING

- $\frac{3}{4}$ cup vinegar
- 2 egg yolks or whole eggs, beaten
- 1 teaspoon mustard
- 1 teaspoon salt
- 3 teaspoons granulated sugar
- 3 teaspoons flour
- $\frac{3}{4}$ cup milk

Bring vinegar to boiling temperature, add the ingredients and boil one to two minutes.

Mrs. F. J. Corbet.

SALAD DRESSING

- 1 cup milk
- 3 tablespoons butter
- 3 tablespoons flour
- 1 cup vinegar
- 4 tablespoons sugar
- 3 teaspoons mustard
- 2 teaspoons salt

$\frac{1}{8}$ teaspoon cayenne pepper
3 eggs

Mix the sugar, mustard, salt and cayenne, stir in the vinegar, and bring to boiling point. In another sauce-pan, melt the butter, add the flour and stir till smooth and frothy. Pour in the milk and cook until it boils and thickens. Now pour the boiling vinegar mixture into the centre of the boiling sauce and continue stirring until blended. Pour this boiling mixture into the beaten egg. This usually cooks the egg. Keep in a covered jar, and as needed, reduce to the consistency desired with good milk or cream.

Frances Pritchard.

CREAM DRESSING

yolkes of 2 eggs
2 tablespoons vinegar
1 tablespoon sugar
2 tablespoons butter
 $\frac{1}{2}$ teaspoon salt
1 tablespoon mustard
1 cup cream, whipped thick

Beat eggs, add vinegar slowly, sugar, butter, and seasoning. Cook in a double boiler until thick and smooth, cool. Beat in whipped cream just before serving.

Miss B.

FRENCH SALAD DRESSING

$\frac{1}{2}$ teaspoon salt
2 tablespoons vinegar
 $\frac{1}{4}$ teaspoon pepper
4 tablespoons olive oil

Put ingredients into a small cream jar and shake. Some prefer the addition of a few drops of onion juice. French dressing is more easily prepared and largely used than any other dressing. 1 tablespoon each of lemon juice and vinegar may be used.

Mrs. E. W. McQuay.

CURRY DRESSING

$\frac{3}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{4}$ teaspoon curry powder
5 tablespoons olive oil
3 tablespoons vinegar

Mix ingredients in order given, and stir well until blended.

Marinate—Means to add salt, pepper, oil and vinegar to a salad ingredient or mixture, then allow to let stand until well seasoned.

Mrs. Hamilton.

GERMAN SALAD DRESSING

$\frac{1}{2}$ cup thick cream
3 tablespoons vinegar
 $\frac{1}{4}$ teaspoon salt
few grains pepper

Beat cream until stiff, using Dover egg beater. Add salt, pepper, and vinegar very slowly, continuing the beating.

OIL DRESSING

$1\frac{1}{2}$ teaspoons mustard
1 teaspoon salt
2 teaspoons powdered sugar
few grains cayenne
2 tablespoons olive oil
 $\frac{1}{3}$ cup vinegar diluted with cold water to make $\frac{1}{2}$ cup
2 eggs slightly beaten

Mix dry ingredients, add egg and oil gradually, stirring constantly until thoroughly mixed. Then add diluted vinegar. Cook over boiling water until mixture thickens. Strain and cool.

ASPARAGUS SALAD

Drain and rinse stalks of canned asparagus. Cut rings from a bright red pepper $\frac{1}{3}$ inch wide. Place three or four stalks in each ring. Arrange on lettuce leaves, and serve with French dressing, to which has been added $\frac{1}{2}$ tablespoon tomato catsup.

Mrs. E. W. McQuay.

NEW POTATO AND EGG SALAD

Cut cold, well seasoned, new potatoes in $\frac{1}{4}$ inch cubes. There should be 2 cups. Add 1 cup of finely shredded cabbage, $\frac{1}{4}$ cup finely chopped onion, 2 tablespoons finely chopped green pepper, and 3 hard cooked eggs, finely chopped. Mix lightly together and moisten with cream and salad dressing. Pile in a mound on a bed of crisp lettuce or cress.

Mrs. W. H. Merritt.

LOBSTER SALAD

Remove lobster meat from shell, cut in $\frac{1}{2}$ inch cubes and marinate in a French dressing. Mix with a small quantity of French dressing and arrange in nests of lettuce leaves. Put a spoonful of mayonnaise on each. To improve this salad, add hearts of celery, garnish with hard boiled eggs and shrimps.

Mrs. E. W. McQuay.

SHRIMP AND TOMATO SALAD

1 tin of shrimps. There should be one cup. Add $\frac{2}{3}$ cup celery cut in small pieces, and 6 small tomatoes, peeled, chilled and cut in quarters. Moisten with mayonnaise. Serve on lettuce leaves and garnish with mayonnaise, curled celery and small pieces of tomato.

Mrs. E. W. McQuay.

STUFFED TOMATO SALAD

Peel medium sized tomatoes, cut a slice from the stem end, scoop out the soft part and sprinkle inside with salt and pepper. Chill. Mix 1 part crisp celery hearts cut in small pieces. One part walnuts broken in pieces, and one part pineapple cut in small pieces. Moisten with mayonnaise and fill tomatoes, piling it in pyramids. Garnish with curled celery and arrange each tomato in crisp lettuce leaves.

W. H. Merritt.

SWISS SALAD

Mix 1 cup cold, cooked chicken, cut in cubes; 1 cucumber pared and cut in cubes; 1 cup chopped English walnut meats and 1 cup French peas. Marinate with French dressing, arrange on serving dish, and garnish with Mayonnaise Dressing.

Mrs. A. L. Hamilton.

TOMATO JELLY SALAD

$\frac{1}{2}$ box Knox Gelatine or 2 tablespoons Knox Gelatine

$\frac{1}{2}$ cup cold water

3 cups tomato juice, well seasoned

Cover the gelatine with the cold water, and let stand till it absorbs all the water.

Place the tomatoes in a sauce-pan and add the seasonings. A variety may be used, as a slice of onion, a stalk of celery, a sprig of parsley or cloves and bay leaves. 1 tablespoon of whole pickling spices gives a good flavor. Simmer about ten minutes. Strain the tomatoes through a coarse sieve. There should be 3 cups. Add salt and pepper to taste. Pour this over the gelatine to melt it.

This may be poured into shallow pans to set, then cut in cubes and used to garnish and flavor any salad. It may also be used for individual moulds. The moulds may be filled in a variety of ways.

Frances Pritchard.

A GREEN AND WHITE COMBINATION SALAD

In each cup of head lettuce insert a slender strip of green pepper for a handle. Fill the cups with shredded cabbage, green pepper and sliced cucumber. Flavor, rather than color whipped cream into mayonnaise, or better, make a white mayonnaise dressing using the same number of whites as you would yolkes, and in exactly the same way. Place a cube on slice of cucumber in the centre of the dressing.

A. L. H.

WALDORF SALAD

1 cup cubed apple
1 cup celery
1 cup nut meats
Salad dressing to moisten

Cut slice from tops of apples, scoop out inside pulp, leaving enough to hold skin in place. Fill with salad mixture. Serve on lettuce leaves. A little dressing may be dropped on top of each.

Mrs. Percy Lee.

TOMATO SALAD

8 medium sized tomatoes
1 cup celery or cucumber cut in cubes
1 cup cooked chicken cut in cubes
1 cup salad dressing

Peel tomatoes and slice off tops, scrape out seeds and a little of the pulp. Fill cavities with celery or cucumber and chicken mixed with dressing. Place on individual plates. Garnish with lettuce.

Mrs. Percy Lee.

TOMATO SALAD

Cut around from stem end of tomatoes, scoop out seeds, leaving as much tomato as possible. Chop celery fine, mix with walnuts and dressing. Fill tomatoes and garnish with parsley and lemon.

Mrs. J. R. Dier.

SHRIMP SALAD

1 can shrimps, shredded
2 oranges cut in slices
1 medium cucumber, cubed
salad dressing

Mix shrimps, cucumber and dressing. Place half circles of orange around salad plates. Place salad mixture in centre and garnish with parsley.

Mrs. Percy Lee.

PEAR SALAD

Thoroughly drain the syrup from a can of pears. Soak 2½ tablespoons Knox gelatine in ¼ cup cold water. Add to pear syrup :

1½ cups tomatoes, strained
¼ teaspoon salt
1 small sprig celery
2 whole cloves
2 tablespoons vinegar

Bring to boiling point and add the dissolved Knox gelatine.

Rub through strainer and again bring to boiling point, and stir until thoroughly dissolved and pour into shallow moulds or saucers. Set in a cold place until firm. Turn out on shredded lettuce, and place a half pear on top of each mould of jelly. Serve with salad dressing.

Mrs. R. G. McKay.

FRUIT SALAD WITH PINEAPPLE DRESSING

6 halved peeled fresh pears or halves of canned pears. 1 cup halved seeded Malaga grapes, lettuce and pineapple dressing.

Arrange pears on nests of lettuce leaves with the grapes at the side, and pour pineapple dressing over them.

PINEAPPLE DRESSING

Juice from 1 can pineapple
 $\frac{3}{4}$ cup sugar
2 tablespoons butter
2 eggs
 $\frac{1}{2}$ cup whipped cream
1 tablespoon flour

Heat juice until warm, blend flour and butter, add egg yolk beaten and sugar; then egg, whites whipped stiff. Pour warm juice into this and stir in double boiler until thick. When cold, add whipped cream.

Mrs. H. H. Bowman.

SALAD OF ASPARAGUS TOPS

1 pint of asparagus tops
The rule for French Dressing :

Boil the tops in salted boiling water for fifteen minutes drain, throw into cold water and let stand until ready to use. Then dry carefully with a soft napkin, put them into the salad dish, pour over the French dressing. Let stand about ten minutes and serve.

Mrs. (Dr.) Burt.

MACEDOINE SALAD

1 boiled beet
2 tablespoons of cooked green peas
1 doz. boiled string beans
 $\frac{1}{2}$ cup boiled asparagus tops
1 boiled carrot
1 onion
1 root celery
 $\frac{1}{2}$ pint dressing

Cut the beets, beans, carrots and celery into small pieces, Chop onion very fine. Mix all vegetables carefully together, then add dressing and serve at once.

Mrs. (Dr.) Burt.

1. A little chopped chicken or veal, seasoned and moistened with salad dressing.
2. Finely shredded cabbage
Cucumber and celery, the cucumber cut in dice and the celery chopped fine
4. Green peas
5. Any of the above may be garnished with chopped olives, gherkins, a slice of hard boiled egg or a sprig of parsley

Frances Pritchard

SALAD OF STRING BEANS

Trim 1 pint of very young beans. Put them in a saucepan, cover with boiling water. Add 1 teaspoon of salt and boil thirty minutes. When done, drain and throw them into cold water until very cold, then dry them with a soft towel. Cut each bean into four pieces lengthwise. Arrange them neatly on a salad dish, cover them with French Dressing. Let stand one hour and serve.

Mrs. Burt.

CABBAGE SALAD

- 1 quart of cut cabbage
- $\frac{1}{2}$ cup of cream (sour is best)
- 2 tablespoonfulls of vinegar
- 2 eggs
- 1 teaspoon salt
- a little pepper
- butter the size of a walnut

Cut the cabbage very fine and put it in an earthen bowl. Put the vinegar on to boil. Beat the eggs until light. Add to them the cream and butter. Now add to these the boiling vinegar. Stir over the fire until boiling hot. Add the salt, pepper and pour over the cabbage, and it is ready to serve when very cold.

Mrs. Burt.

MARSHMALLOW SALAD

Slice two or three dozen marshmallows very thin. Add 1 cup of chopped nuts and as much shredded pineapple, either canned or fresh, and serve with whipped cream. Place candied cherries on top of cream. Some prefer to mix cream with marshmallows and pineapple, and decorate with cherries and nuts.

Mrs. C. E. Brien.

PERFECTION SALAD

1 envelope Knox sparkling gelatine
1/2 cup cold water
1/2 cup mild vinegar
1 pint boiling water
1 teaspoon salt
1 cup finely shredded cabbage
juice of 1 lemon
1/2 cup sugar
2 cups celery, cut in small pieces
1/4 can sweet red peppers cut fine

Soak the gelatine in the cold water five minutes, add vinegar, lemon juice, boiling water, sugar and salt. Strain and when beginning to set, add remaining ingredients. Turn into mould and chill. Serve on lettuce leaves with mayonnaise dressing. This may be cut in dice, or shaped in moulds.

Mrs. L. H. Wing.

PINEAPPLE AND CHEESE SALAD

1 slice canned pineapple on lettuce leaf. Grate cheese over pineapple or make a cheese ball rolled in nuts for centre. Drop mayonnaise over pineapple and garnish with pimento.

A. L. H.

KNOX ACIDULATED GELATINE saves the cost, time and bother of squeezing lemons

LETTUCE AND BANANA SALAD

Place a small quantity of finely cut lettuce on a plate. Cut a banana in half crosswise, and quarter each part lengthwise. Place these banana sticks artistically on the lettuce. Drop mayonnaise over this, and add chopped walnuts for garnish.

A. L. H.

SALAD DRESSING

1 teaspoon mustard
2 tablespoons cornstarch
1 tablespoon sugar
 $\frac{1}{2}$ teaspoon salt
1 egg
 $\frac{1}{2}$ cup vinegar

Mix dry ingredients, and add vinegar slowly.

Mrs. J. R. Cunningham.

ENGLISH WALNUTS AND CHICKEN SALAD

Take 1 pint chicken, cut into dice
1 pint celery, cut into dice
24 English walnuts

Parboil long enough to remove skins. In boiling nuts add 1 slice of onion, a sprig of parsley, and a little chicken liquor. Drain and remove skins. Mix with celery and chicken. Put in a cold place. At serving time, stir in mayonnaise dressing. Serve on crisp lettuce leaf with a teaspoon of dressing on top.

Mrs. C. E. Brien.

FISH SALAD

2 cups flaked white fish. Add 1 cup of chopped new cucumbers and 1 onion chopped. Dress with mayonnaise, and place on lettuce leaves.

Mrs. Whitely.

LUNCHEON SALAD

- 1 envelope Knox sparkling gelatine
- 1 cup cold water
- 1½ cups boiling water
- ½ cup lemon juice
- ½ cup sugar
- 3 tart apples
- 1 cup celery, cut in small pieces
- ½ cup pecan nut meats

Soak gelatine in cold water five minutes, and dissolve in boiling water. Add lemon juice and sugar. When mixture begins to stiffen, add apples, sliced in small pieces, chopped celery and broken nut meats. Turn into mould, first dipped in cold water, and chill. Accompany with mayonnaise dressing. This mixture may be served in cases made from bright red apples.

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Breads, Muffins and Biscuits

"Now, therefore, I pray thee, hearken thou also unto the voice of thy handmaid, and let me set a morsel of bread before thee; and eat, that thou mayest have strength when thou goest on thy way."

NUT BREAD

- 1 egg
- $\frac{2}{3}$ cup sugar
- $1\frac{1}{2}$ cup milk
- 1 cup chopped seeded raisins
- 1 cup chopped walnuts
- 3 teaspoons baking powder
- 1 teaspoon salt
- 3 cups flour
- 2 tablespoons butter

Cream the butter and sugar, add egg. Sift flour with salt and baking powder, flour raisins and nuts. Add milk and flour alternately to egg mixture, and lastly, nuts and raisins. Put in pan. Let rise 20 minutes and bake in moderate oven.

Mrs. M. Campbell.

BUNS

Scald 1 pint of milk and cool, thicken with flour and add $\frac{1}{2}$ yeast cake. In the morning add 2 eggs, 1 cup sugar, $\frac{1}{2}$ cup butter, knead well. When risen, roll and cut in rounds, rub with butter and fold double, then let rise again and bake.

Mrs. W. H. Merritt.

BISCUITS

- 2 cups flour
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon soda
- 1 teaspoon cream of tartar
- 2 teaspoons baking powder

Sift together 3 times, wet with 1 cup sweet milk ($\frac{1}{2}$ cream,) bake from 10 to 12 minutes.

M. R. J. and Mrs. H. Jackman.

KNOX GELATINE solves the problem of "What to have for dessert?"

GRAPE NUT LOAF

1 cup sugar
2 tablespoons shortening
2 cups sour milk
2 teaspoons soda
3½ cups flour
1 cup grape nuts
salt

Bake 40 minutes in 3 one-pound baking powder tins with the lids on.

Mrs. J. C. Bell.

TEA SCONES

1½ cups flour
½ teaspoon soda
½ teaspoon cream of tartar
½ teaspoon salt
butter size of a walnut
¾ cup buttermilk

Roll out, cut around saucer and mark in four. Grease frying pan, bake slowly on top of gas flame or range. Brown nicely before turning on pan. Nice for supper with maple syrup or jam.

Mrs. Percy R. Browne.

GINGERBREAD

1 cup brown sugar
¾ cup butter
2 eggs, beat with butter and sugar
1 cup corn syrup
1 cup sour milk
1 teaspoon soda
2 large cups flour
1 dessertspoon ginger
1 nutmeg
1 teaspoon cinnamon
½ teaspoon black pepper

Put soda into buttermilk and add other ingredients.

M. E. Fleming.

EGG BISCUIT

2 cups flour
2 teaspoons baking powder
1 teaspoon salt
 $\frac{1}{2}$ cup milk
1 tablespoon butter
1 tablespoon lard
1 tablespoon sugar
whites of 2 eggs

Sift flour, baking powder, salt and sugar together twice. Cream butter and lard and add to dry ingredients, then add milk mixed with the whites of the eggs. Mix until you have very soft dough. Pat out lightly until $\frac{3}{4}$ of an inch thick. Cut and bake in hot oven 15 minutes. Mrs. Gray Stewart.

GINGERBREAD

1 cup sugar
1 cup molasses
1 cup sour milk
 $\frac{3}{4}$ cup lard and butter
3 cups flour
2 eggs
2 teaspoons soda dissolved in hot water
2 teaspoons ginger
2 teaspoons cinnamon
pinch of salt

Mrs. W. J. Christie.

SCONES

$\frac{1}{3}$ cup white sugar
1 teaspoon salt
1 teaspoon soda
 $\frac{1}{2}$ cup lard
cream all together well

Then add 1 cup sweet milk, 1 cup flour with 2 teaspoons of cream of tartar. Keep on adding flour until you can work it well on the board. Knead and cut into six pieces. Pat down and cut in four pieces, smear with milk on top, and bake in a quick oven. Don't make scones too thick.

Mrs. Milford.

LIGHT MUFFINS

Materials :

1 egg

$\frac{1}{3}$ cup granulated sugar

$\frac{1}{3}$ cup butter

1 cup sour milk

2 cups flour

1 teaspoon soda

1 teaspoon baking powder

Preparation :

Beat egg very light, add sugar and beat in melted shortening, milk. Sift soda and baking powder with flour. Grease muffin pans. Use a large spoon of batter for each muffin. Bake in moderate hot oven. This quantity makes fifteen muffins.

Mrs. J. McTavish.

JOHNNY CAKE

1 tablespoon butter

1 cup flour

a little salt

1 cup cornmeal

$\frac{1}{2}$ cup sugar

1 egg, then melted butter

1 cup sour milk

1 teaspoon soda dissolved in sour milk

Mrs. R. H. C.

BROWN BREAD

1 cup bran (good)

2 cups white flour

$1\frac{1}{2}$ cups white sugar (or brown)

1 tablespoon butter

1 cup raisins

Wash, then pour over them 1 cup boiling water. Let stand until luke warm, then put 1 teaspoon soda in, and mix with other ingredients:

Mrs. Field.

BRAN MUFFINS

1 egg
butter the size of an egg
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ cup buttermilk
2 cups bran
1 cup flour or more
1 teaspoon soda
dates

Mrs. Field.

UNSWEETENED BRAN MUFFINS

1 egg, beaten
 $\frac{1}{2}$ teaspoon salt
 $1\frac{1}{2}$ cups sour milk, into which dissolve 1 level teaspoon
soda
3 tablespoons melted butter
2 cups bran
about 2 cups of flour with 1 heaping teaspoon of baking
powder

This recipe makes two dozen small gems and are fine
either hot or cold.

Mrs. J. J. D.

WALNUT BREAD

3 cups flour (sifted before measuring)
 $\frac{3}{4}$ cup brown sugar
 $\frac{1}{2}$ teaspoon salt
3 teaspoons baking powder
1 cup walnuts
 $\frac{1}{2}$ cup raisins (chopped)
1 egg
1 cup milk

Mix and sift dry ingredients, and then mix in nut meats,
cut in small pieces. Add egg, well beaten, and then the milk.
Pour into greased bread pan, and bake 1 hour. Have oven
barely warm the first 15 minutes, gradually increase heat.

Mrs. Robt. Wiley.

RAISIN LOAF

1 cup brown sugar
1/2 cup butter
1 egg
1 teaspoon cinnamon
pinch of salt
1/4 lb. chopped walnuts
1 teaspoon soda
1 cup sour milk
1 1/2 cups flour

Let rise on back of stove for 20 minutes. Bake 3/4 hr. in slow oven.

Mrs. J. Goodwin.

POP OVERS

2 eggs
2 cups milk
pinch of salt
2 cups flour

Mix and put in hot gem tins. Bake in quick oven about 20 to 25 minutes.

Mrs. C. B.

MUFFINS

1 tablespoon butter
2 tablespoons sugar
2 eggs
1 cup sweet milk
3 teaspoons baking powder
flour to make stiff batter
Bake 20 minutes in quick oven.

Mrs. C. B.

SCONES

Rub together 3 cups flour, 1/2 teacup of shortening, 1/2 teacup white sugar, 3 teaspoons baking powder; then add : 1/2 cup raisins and beat white of egg until stiff, and fill the cup with sweet milk. Mix together and roll 3/4 inch thick. Spread yolk of egg on top, sprinkle with a little white sugar, cut in triangles or squares, and bake in a quick oven.

Mrs. F. J. Corbet.

BOSTON BROWN BREAD

2 cups graham flour
1 cup cornmeal
1 cup (small) brown sugar
 $\frac{1}{3}$ cup molasses
1 cup sweet milk
1 cup fruit (raisins, currants or dates)
2 teaspoons baking powder
1 teaspoon salt
Steam 3 hours, then brown in oven.

Mrs. S. McM.

CINNAMON ROLLS

3 cups flour
3 heaping teaspoons baking powder
1 teaspoon salt

Sift well together, then rub in well $\frac{1}{2}$ cup shortening and add enough sweet milk to make a soft dough. Roll out about $\frac{1}{2}$ inch thick. Spread over with soft butter, sprinkle well with brown sugar, then cinnamon. Roll up and cut in lengths about 2 inches long.

Mrs. W.

BRAN BREAD

2 cups bran
2 cups sour milk
1 cup flour
1 cup raisins
1 cup cornmeal
2 teaspoons baking soda
1 scant cup brown sugar
2 teaspoons salt
Bake about 1 hr. in moderate oven
Bake in 3 baking powder tins without greasing.

Mrs. J. R. Cunningham.

NUT LOAF

1 egg
1/2 cup brown sugar
1 tablespoon shortening
1 cup sweet milk
2 cups flour
2 teaspoons baking powder
1 cup nuts
salt
Let rise 15 minutes

Miss Maughan.

HOUSE ROLLS

2 cups scalded milk
3 tablespoons butter
2 tablespoons sugar
1 teaspoon salt
1 yeast cake dissolved in 1/4 cup warm water

When milk is luke warm, add butter, sugar and salt, then the dissolved yeast cake, and stir in 3 cups of flour. Beat well, cover, and let rise over night. Then add enough flour to knead (about 2 1/2 cups.) Knead again when light, and make into rolls.

Mrs. J. C. Bell.

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QUICK BREAD

- 1 quart of potato water
- $\frac{1}{4}$ cup sugar
- 1 Royal yeast cake
- 2 teaspoons salt
- 2 tablespoons shortening

When draining potatoes at noon, save the potato water, add the sugar and let stand until luke warm. Add the yeast cake. Cover and let stand in a warm place until morning. Add the salt and melted shortening with sufficient flour to make the sponge, and beat till smooth. Knead at once into a dough. This dough should double its bulk and be ready to shape into loaves in about two hours. Shape into loaves, cover and let rise. Bake.

Frances Pritchard.

MILK BREAD

The above recipe may be converted into a milk bread by using a pint of potato water, and then adding a pint of milk the following morning. The milk must be scalded to sterilize it, and then allowed to cool.

Frances Pritchard.

BROWN BREAD

(MAKES TWO LARGE LOAVES)

- 1 cup brown sugar
- 2 eggs
- 3 cups sour milk
- 4 cups graham flour
- $1\frac{1}{2}$ cups white flour, sift and then measure
- 1 teaspoon soda
- 1 teaspoon salt
- 1 cup raisins or dates
- 1 cup nuts
- Bake 1 hour slowly

K. Whitley.

NUT LOAF

2 eggs
1 cup sugar
1 lb. of stoned and chopped dates
1 cup chopped walnuts
1 cup milk
3 cups flour
2 teaspoons baking powder
Flour dates and nuts. Bake 1 hour in slow oven.

Mrs. E. J. Harrison.

BREAD

1 quart of potato water
1 tablespoon salt
1 tablespoon sugar
1 tablespoon lard
3 quarts flour
 $\frac{1}{2}$ Royal yeast cake

Method :

At noon put one-half yeast cake in half a cup warm water to soften, then add enough flour for a soft batter, let rise. Then take 1 quart of potato water, 1 tablespoon salt, 1 tablespoon sugar, 1 tablespoon lard, 1 quart flour. Make batter and add yeast from cup. Set in warm place to rise. In morning, add the remaining 2 quarts flour warmed, and knead fifteen minutes. Let rise 1 hour, put in pans. Let rise and bake 1 hour in moderate oven.

Mrs. Ostrom.

GRAHAM LOAF

3 cups graham flour
1 cup white flour
1 cup sweet milk
 $\frac{1}{4}$ cup sugar
3 tsps. baking powder
1 tsp. salt
add raisins or dates

Mrs. Walter Wright.

Cakes

"Just follow these rules, take pains and go slow,
Or else, you may find your cake is all dough."

ICE CREAM CAKE

$\frac{1}{2}$ cup (scant) butter
 $1\frac{1}{2}$ cups granulated sugar } cream

Add :

1 cup luke warm water

2 cups flour (sifted)

Beat all together for five minutes

Add :

$\frac{1}{2}$ cup flour

2 teaspoons of cream of tartar

1 teaspoon soda, and the well beaten whites of 4 eggs

1 teaspoon vanilla and a little salt

ICING

2 cups icing sugar

yolkes of 2 eggs

juice and rind of half an orange

If too stiff, add a little more juice. Beat well for five or ten minutes and spread on cake. Set in warm oven for an instant for icing to harden.

Mrs. R. G. McKay.

BOILED SPONGE CAKE

$\frac{3}{4}$ lb. white sugar

$\frac{1}{2}$ lb. sifted flour

6 eggs

$\frac{1}{2}$ cup water

Boil sugar and water, beat eggs separately. After beating eggs separately, add the beaten yolkes to beaten whites, then add syrup. Beat 15 minutes, add flour last, just fold in, do not beat. Pour in deep pan, sprinkle over top with white sugar. Bake in slow oven $\frac{3}{4}$ hour.

Mrs. D. A. Christie.

MAPLE SYRUP CAKE

$\frac{1}{2}$ cup butter
 $\frac{3}{4}$ cup white sugar
2 eggs, beaten lightly
 $\frac{3}{4}$ cup maple syrup
 $\frac{1}{2}$ cup milk
 $2\frac{1}{2}$ cups flour
 $2\frac{1}{2}$ teaspoons (level) baking powder
 $\frac{2}{3}$ teaspoon (scant) soda
 $\frac{1}{2}$ teaspoon ginger

Cream the butter, beat in the sugar and eggs. Beat in the syrup. Then alternately, milk and flour, sifted with the baking powder, soda and ginger. Bake in a tube loaf pan 50 minutes.

For Icing—Make same as boiled icing, only use maple sugar instead of white.

Mrs. Worth Bishop.

CREAM CAKE

1 cup white sugar
 $\frac{2}{3}$ cup sweet milk
2 cups (scant) flour
2 teaspoons baking powder
1 egg
butter the size of an egg
Flavor with lemon

Cream sugar, butter and egg. Sift flour and baking powder, add flavoring and then flour and milk alternately. Moderate oven.

Jessie McQuaker.

CHOCOLATE FUDGE CAKE

Beat $\frac{1}{2}$ cup butter to a cream, gradually beat in 1 cup granulated sugar, 2 squares of grated chocolate, yolkes of 2 eggs beaten light, 1 cup sifted flour (less 2 tablespoons) 1 teaspoon vanilla, whites of eggs beaten dry, 1 cup pecan nut meats. Put in pan lined with buttered paper. When baked, cut in cubes.

Mrs. H. H. Bowman.

SULTANA CAKE

May be used for Xmas Cake, or make one-half quantity.

1 lb. butter

2 cups granulated sugar

6 eggs, beaten separately

2 lbs. Sultana raisins, bleached

1/2 lb. orange peel

4 teaspoons vanilla

1 cup warm water

2 teaspoons baking powder

5 cups flour

1 cup walnuts (chopped)

1/2 cup candied cherries, cut fine. Can buy in bulk.

Mrs. H. Bannerman.

ORANGE CAKE

1 egg

1 cup white sugar

1/2 cup shortening

grated rind of an orange

1 teaspoon soda dissolved in 1 cup sour milk or cream

1 cup chopped dates

2 cups flour

1 teaspoon baking powder

1/2 teaspoon salt

While cake is still hot, mix 1/2 cup sugar and juice of orange, and spread over cake.

Mrs. Robt. Wiley.

WHITE CAKE

1/3 cup butter

1 cup sugar

2 eggs

1/2 cup milk

1 3/4 cups flour

2 1/2 teaspoons baking powder

Process :

Cream the butter, add the sugar and beat till very light. A little boiling water may be added, but the same quantity must be taken from the milk. Now add the well beaten eggs. Sift in the flour and baking powder, a small quantity at a time, alternately with the milk. Give one thorough beating, pour into a greased tin and bake 40 minutes in a moderate oven.

Jennie E. Parks.

BOSTON CAKE

- 3 eggs
- 1 $\frac{1}{4}$ cups sugar
- 1 cup butter
- 1 cup raisins
- $\frac{1}{2}$ cup walnuts
- 1 teaspoon cinnamon
- 1 teaspoon soda
- 2 tablespoons warm water, in which soda is dissolved
- 3 scant cups flour

Mrs. J. B. Hunt.

HERMIT CAKE

- 1 lb. dates
- $\frac{1}{2}$ lb. walnuts
- 1 $\frac{1}{2}$ cups brown sugar
- 1 cup butter, creamed
- 3 eggs
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon soda
- 1 teaspoon cream of tartar
- 2 $\frac{1}{2}$ cups flour
- $\frac{3}{4}$ cup sweet milk

} chopped together

Mrs. W. J. Christie.

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ONE, TWO, THREE, FOUR CAKE

1 cup butter
2 cups white sugar
3 cups flour
4 eggs
 $\frac{1}{2}$ cup sweet milk
1 cup raisins or citron peel
1 teaspoon salt
 $\frac{1}{2}$ teaspoon soda
flavoring

Mrs. W. J. Christie.

FUDGE CAKE

1 cup brown sugar
1 egg
 $\frac{1}{2}$ cup sour milk
 $\frac{1}{2}$ cup boiling water
2 heaping tablespoons cocoa
 $\frac{1}{2}$ cup shortening
pinch of salt

Pour boiling water on shortening, sugar and cocoa, then break in the egg. Add $1\frac{1}{2}$ teaspoons soda and 2 teaspoons baking powder.

Mrs. J. R. Cunningham.

KING EDWARD CAKE

$\frac{1}{2}$ cup butter (good one-half cup)
1 cup brown sugar
2 eggs, well beaten
Add $\frac{1}{2}$ cup sour milk
2 tablespoons molasses
2 cups flour
1 teaspoon soda
1 teaspoon cinnamon
2 tablespoons cocoa
1 cup raisins, boiled—add last of all
Nuts may be added if desired.

Mrs. H. Bannerman.

MRS. MILFORD'S CHRISTMAS OR WEDDING CAKE

1 lb., 6 oz. flour
1 lb. butter
1 lb. sugar
1 dozen eggs
3 lbs. Valencia raisins
2 lbs. seedless raisins
 $\frac{1}{2}$ lb. almonds
1 lb. mixed peel
1 nutmeg

2 teaspoons baking powder
Flavor with almond flavoring

Bake 5 hours in a slow oven. Tin should be lined with
3 heavy papers.

ALMOND ICING

$\frac{3}{4}$ lb. almonds
3 lbs. icing sugar
3 eggs

If not moist enough, add a little water. Put almonds
through mincer, pound well and add other ingredients and
almond flavoring.

DATE CAKE

2 eggs
1 cup brown sugar
 $\frac{1}{2}$ cup butter
 $\frac{1}{2}$ cup sour milk
 $\frac{1}{2}$ teaspoon soda
1 teaspoon cinnamon
1 cup chopped dates

Mrs. W. C. Young.

PUFF CAKE

Beat to a cream : $\frac{1}{2}$ cup butter and 1 cup granulated
sugar. Add beaten yolkes of 2 eggs and $\frac{1}{2}$ cup sweet milk.
 $1\frac{1}{2}$ cups flour and 1 heaping teaspoon baking powder sifted
together. Flavor with vanilla. Add beaten whites of 2
eggs, last.

Mrs. J. B. Hunt.

Knox Gelatine is measured ready for use-two envelopes in each package

LEMON CAKE

- 2 eggs
- 1 cup granulated sugar
- $\frac{1}{2}$ cup butter
- $\frac{1}{2}$ cup sweet milk
- 2 teaspoons baking powder
- 2 cups flour

Cream butter and sugar, add beaten egg, then milk, and lastly add flour into which baking powder has been sifted. Bake in a square pan. When cooked, divide into two layers and fill with the above lemon filling. Ice as desired.

Miss Margaret Keyes.

CHOCOLATE CAKE

- $\frac{1}{2}$ cup grated chocolate
- $\frac{1}{2}$ cup sweet milk
- $\frac{3}{4}$ cup brown sugar
- yolk of 1 egg
- 1 teaspoon vanilla

Cook the preceding ingredients slowly to a cream, and then add :

- $\frac{1}{2}$ cup butter
- 1 cup brown sugar
- $\frac{1}{2}$ cup milk
- 2 cups flour
- 2 eggs

1 teaspoon soda (dissolved in a little of the milk, added at the last.)

Mrs. A. A. Parks.

FEATHER CAKE

- 1 cup sugar
- 1 tablespoon butter
- 1 egg
- $\frac{1}{2}$ cup sweet milk
- 2 cups flour
- 2 teaspoons baking powder
- salt, flavoring

F. Campbell.

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DATE LAYER CAKE

- 2 eggs
- 3 tablespoons molasses
- 1 small cup shortening
- 1 cup brown sugar
- 2 cups sifted flour
- 1 cup sour milk
- 1 teaspoon soda
- 1 teaspoon vanilla

Bake in layers and put date filling in between, made by stewing $\frac{1}{2}$ lb. of dates.

Mrs. M. Campbell.

SPONGE CAKE

- 3 eggs
- 1 cup sugar
- 1 cup flour
- 2 teaspoons baking powder put into the flour
- 3 teaspoons boiling water added last

Kate D. Trout.

LUNCHEON CAKE

- 1 lb. butter
- 1 lb. white sugar
- $1\frac{1}{4}$ lbs. flour
- 10 eggs
- 1 bottle candied cherries
- $1\frac{1}{2}$ lbs. Sultana raisins
- $\frac{1}{2}$ lb. mixed peel
- $\frac{1}{2}$ lb. almonds, blanched

Cream butter and sugar, beat 2 eggs into that for five minutes. Do this till 8 eggs are in. The last eggs should be put in one at a time. Beat five minutes after each, then add flour, fruit and nuts (not flavored.) Bake slowly two hours.

Mrs. A. C.

SPONGE CAKE

- 4 eggs beaten separately
- 2 cups white sugar
- 2 cups flour
- $\frac{1}{2}$ cup cold water
- 3 teaspoons baking powder

Mix flour, baking powder and sugar together, then add the water, then whites of eggs well beaten, and lastly yolkes. Flavor with vanilla. Sprinkle some sugar lightly on top. Cook in moderate oven.

Kate D. Trout.

LIGHT FRUIT CAKE

- $\frac{1}{2}$ cup butter
- 1 cup brown sugar

} cream together

Drop in 2 eggs, one at a time, and beat until light.

- $\frac{1}{2}$ cup sweet milk
- $1\frac{3}{4}$ cups flour
- 2 teaspoons baking powder
- 1 lb. Sultana raisins
- $\frac{1}{4}$ lb. walnuts
- $\frac{1}{4}$ lb. almonds
- 1 bottle cherries

Bake in slow oven.

Mrs. A. C.

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FRUIT CAKE

1lb. sugar
1 lb. butter
2 lbs. raisins
2 lbs. currants
 $\frac{1}{2}$ oz. cinnamon
 $\frac{1}{2}$ oz mace
15 drops oil of cinnamon
15 drops oil of lemon
 $\frac{1}{2}$ lb. citron peel
 $\frac{1}{2}$ lb. lemon peel
10 eggs
1 teaspoon soda
 $\frac{1}{2}$ lb. walnuts
1 lb. flour

Cream butter and sugar. Add eggs beaten separately with 1 cup of flour. Mix fruit and peel before adding to mixture. Then add rest of flour. Bake in slow oven. If in a large pan, for about $2\frac{1}{2}$ hrs. In smaller pans, 1 hr.

Mrs. S. B.

CORONATION CAKE

2 eggs
1 cup brown sugar
 $\frac{1}{2}$ cup butter
1 cup chopped raisins
 $\frac{1}{2}$ teaspoon allspice
1 cup sour milk
1 teaspoon soda
 $1\frac{1}{2}$ cups flour

ICING

$\frac{1}{4}$ cup butter
 $\frac{1}{4}$ cup sweet milk
Icing sugar to thicken

Mrs. J. R. Cunningham.

FRUIT CAKE

3 lbs. seeded raisins
3 lbs. seedless raisins
1 lb. almonds
1 lb. mixed peel
1 lb. butter
2 lbs. brown sugar
1 cup jelly
2 teaspoons soda
2 teaspoons mace
2 teaspoons nutmeg
2 teaspoons cinnamon
2 teaspoons ginger
2 teaspoons almond flavoring
10 eggs
flour to make a fairly stiff batter

Cream butter and sugar. Add eggs, one at a time, beating separately. Add jelly. Flour the fruit, nuts and peel. Add to mixture. Then add flour and spices. Bake in slow oven.

Mrs. A. S. Donald.

SEED CAKE

$\frac{1}{2}$ cup butter
2 cups sugar
3 cups flour
3 eggs
1 cup milk
1 teaspoon soda
2 teaspoons cream of tartar
1 teaspoon baking powder
 $\frac{1}{2}$ teaspoon salt
1 tablespoon caraway seed
1 teaspoon vanilla

Sift flour, salt, soda, cream of tartar and baking powder together. Cream butter and sugar. Add unbeaten eggs and beat well. Add half the milk, then half the flour, the rest of the milk and remainder of flour with the caraway seed. Last of all, the vanilla. Bake in moderate oven from three quarters of an hour to an hour, if in one large cake. if in two small ones, less time will be needed. May Stephens.

ROLLED JELLY CAKE

- 1 cup sugar
- 2 tablespoons cold water
- $\frac{7}{8}$ cup flour
- 3 eggs
- 2 teaspoons baking powder

Mix as you would sponge cake. Bake in thin layer. When baked, put on damp cloth, spread with jelly and roll it while warm.

Arley Jay.

JELLY ROLL

- 1 cup sugar
- butter the size of an egg
- 3 eggs, well beaten
- 3 tablespoons cold water
- 1 cup flour
- 1 scant teaspoon baking powder
- pinch of salt

Mix as you would sponge cake. Bake in thin layer. When baked, put on damp cloth, spread with jelly. Roll it while warm.

K. T.

NUT CAKE

- 2 eggs
- 1 cup white sugar
- $\frac{1}{2}$ cup butter
- $\frac{1}{2}$ cup chopped nuts
- $\frac{1}{2}$ cup sweet milk
- $1\frac{1}{2}$ cups flour
- 2 teaspoons baking powder

Cream butter and sugar. Add well beaten eggs. Then milk. Sift flour and baking powder. Mix nuts with flour. Beat all well. Bake in moderate oven.

Kate D. Trout.

MOCHA CAKE

$\frac{1}{2}$ cup butter
1 cup white sugar
2 eggs
 $\frac{1}{2}$ cup milk
2 cups flour (before sifted)
1 teaspoon soda
2 teaspoons cream of tartar

ICING

$\frac{1}{2}$ cup butter, beaten to cream
1 teaspoon vanilla and 2 tablespoons milk mixed together
2 cups powdered sugar.

Stir gradually into the liquid.

After cake is covered, roll in chopped almonds.

Mrs. J. H. Christie.

WHITE CRUMB CAKE

2 cups flour
2 teaspoons baking powder
 $1\frac{1}{2}$ cups white sugar
 $\frac{3}{4}$ cup butter

Mix all together. Lay aside $\frac{1}{2}$ cup mixture. Mix 2 eggs and $\frac{3}{4}$ cup milk. Add to dry mixture. Put remaining $\frac{1}{2}$ cup mixture on top.

Mrs. J. H. Christie.

SMALL LIGHT CAKE

1 egg
 $\frac{3}{4}$ cup sugar
 $\frac{1}{2}$ cup milk
1 cup flour
3 teaspoons butter
1 teaspoon baking powder

Cream butter and sugar. Add well beaten egg. Then add milk and sifted flour and baking powder. Beat for five minutes. Bake in moderate oven.

K. D. T.

SPONGE CAKE

1 cup flour, sifted four times

Scant cup granulated sugar

4 eggs, whites beaten with half sugar, yolks beaten with half sugar.

Mrs. J. B. Hunt.

SOUR MILK CAKE

(Excellent)

$\frac{1}{2}$ cup butter

$1\frac{1}{2}$ cups sour milk

$1\frac{1}{2}$ cups brown sugar

2 teaspoons soda

2 cups raisins chopped

1 teaspoon cinnamon

1 teaspoon nutmeg

3 scant cups flour

Peel or nuts may be added if desired. Bake in loaf or cake tin.

Mrs. J. B. Hunt.

SANDWICH LAYER CAKE

Prepare 1 cupful of citron by shaving very thin and small, 1 cupful raisins and 1 cupful of any kind of chopped nuts. Sift over the fruit, $\frac{1}{2}$ cup of fine flour, stir and set aside.

Put into a bowl : 1 cup white sugar, $\frac{1}{2}$ teaspoon salt, butter the size of an egg. Mix well; add $\frac{1}{2}$ cup milk, and gradually $1\frac{1}{4}$ cups flour. Fold in whites of 3 eggs beaten light and 1 teaspoon baking powder. Bake in two well greased tins in a moderate oven.

Make another batter with $\frac{1}{2}$ cup sugar, butter size of an egg, $\frac{3}{4}$ cups flour, yolkes of 3 eggs, $\frac{1}{4}$ cup milk and $\frac{1}{2}$ teaspoon baking powder. Add to this the prepared fruit, and bake in two tins.

Put the layers together alternately with frosting.

Mrs. Jas. Gardner.

LIGHT CAKE

1 cup sugar
Butter the size of an egg
2 eggs
milk
2 teaspoons baking powder
2 cups flour

Cream the sugar and butter. Break eggs in cup and fill cup with milk. Put into butter and sugar mixture. Add flour and baking powder. Beat all for five minutes. Bake in moderate oven.

K. T.

LIGHT FRUIT CAKE

1 cup butter
1 cup sugar
3 eggs
1 cup sweet milk
4 cups flour
2 teaspoons baking powder
3 cups raisins
 $\frac{1}{4}$ lb. lemon peel

Mrs. Crawford.

BOILED RAISIN CAKE

2 eggs
2 cups brown sugar
 $\frac{3}{4}$ cup butter
3 cups flour
2 teaspoons soda, level
2 teaspoons cinnamon
 $\frac{1}{2}$ nutmeg, grated
1 package raisins, boiled in enough water to cover them,
let cool, add to the rest of mixture and stir.

Mrs. Morran.

SOFT GINGER CAKE

- 1 egg
- $\frac{1}{2}$ cup sour milk
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{2}$ cup molasses
- 2 teaspoons soda
- 1 teaspoon ground ginger
- 1 teaspoon mixed spice
- 2 tablespoons butter
- $1\frac{1}{2}$ cups flour

Beat egg till light, add sugar and beat till dissolved. Stand $\frac{1}{2}$ cup molasses in boiling water to heat, add $\frac{1}{2}$ teaspoon soda and stir into mixing bowl. Add remainder of soda to milk. Sift in flour, ginger and spice, add melted butter. Bake 25 minutes.

Mrs. Morran.

COON TOWN CAKE

- 2 eggs
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ cup sour milk
- $\frac{1}{2}$ cup butter
- $\frac{1}{2}$ cup molasses
- $\frac{3}{4}$ cup raisins
- 2 cups flour (good measure)
- 1 teaspoon soda
- 1 teaspoon salt
- 1 teaspoon mixed spice
- Make a filling of cooked dates.

ICING

- 10 tablespoons icing sugar
- 4 tablespoons melted butter
- 1 teaspoon vanilla
- sprinkle with chopped walnuts. (Nuts may be put in cake also.)

Mrs. H. W. Howell.

OATMEAL CAKE

1 small cup white sugar
2 small cups shortening
 $\frac{3}{4}$ cup sour milk
1 egg
1 small teaspoon soda
1 teaspoon baking powder
equal parts of oatmeal and flour
 $\frac{1}{2}$ or more package of dates cooked with a little water and sugar. Put a layer of batter in flat pan. Spread cooked dates on, and then another layer of batter. This can be served with whipped cream.

Mrs. Foot.

SPANISH BUN

2 cups sugar
 $\frac{2}{3}$ cup butter
1 cup sweet milk
 $2\frac{1}{2}$ cups flour
4 eggs, (leave out 2 or 3 whites for frosting)
1 teaspoon cinnamon
 $\frac{1}{2}$ teaspoon salt
1 teaspoon allspice
 $\frac{1}{2}$ teaspoon cloves
2 teaspoons cream of tartar
1 teaspoon soda
Beat whites very stiff, sweeten, add pinch of salt and cinnamon to color.

Mrs. De Laplante.

CHOCOLATE CAKE

2 squares chocolate or 6 teaspoons cocoa
3 tablespoons water
scant $\frac{1}{2}$ cup butter
 $1\frac{1}{4}$ cup sugar
Melt all in double boiler. Add 1 cup sour milk or buttermilk, 1 teaspoon soda, 1 egg, well beaten; 2 scant cups flour. Mix well together. Bake in moderate oven.

E. D.

WHITE FRUIT CAKE

1½ lb. butter
2 cups white sugar
1 cup sweet milk
2 cups shredded cocoanut
4 eggs
1 lb. citron peel
½ lb. almonds
1 lb. raisins
2 teaspoons baking powder
1 tablespoon lemon extract
Will keep moist for months.

Mrs. R. B. Howell.

SUPERIOR GINGER CAKE

1 cup brown sugar
1 cup butter or shortening
1 cup sour milk
1 cup molasses
4 cups flour
1 dessertspoon ginger
2 eggs
2 cups raisins
spice to taste
2 teaspoons soda dissolved in a little water, added when
cake is well mixed.

Mrs. H. W. Howell.

CHOCOLATE LAYER CAKE

1 cup sugar
butter the size of an egg
2 tablespoons cocoa
melt all over water
1 cup good rich milk
1 egg
1¼ cups flour
2 teaspoons baking powder
Use any kind of filling.

R. K. Showell.

All you add is water and sugar to the Knox Acidulated package

DEVIL'S FOOD—CHOCOLATE CAKE

1 cup white sugar
1 cup brown sugar
2 eggs
1 teaspoon vanilla
1/3 teaspoon salt
2 squares chocolate or 1/2 cup cocoa in 1/2 cup boiling water
1/2 cup sour cream
1 teaspoon soda
2 or 2 1/2 cups flour

Mix sugar and eggs together. Add cocoa and water, and then soda and sour cream and stir in flour.

A. J.

ORANGE CAKE

1 cup sugar
1/2 cup butter
1 egg beaten to a cream
grated rind and juice of 1 orange
3/4 cup sour milk and 1 teaspoon soda
1 cup raisins
2 small cups flour

Mrs. W. H. Taylor.

WHITE CAKE

Whites of 3 eggs
1 cup flour
1/2 cup cornstarch
1 cup white sugar
1/2 cup sweet milk
2 teaspoons baking powder
2 tablespoons butter
flavor with essence or oil of lemon.

Mrs. Graham.

CHERRY CAKE

1½ cups butter
2 cups white sugar
5 eggs
½ cup sweet milk
4½ cups flour
2 teaspoons baking powder
1 teaspoon vanilla
pinch of salt
2 cups white Sultana raisins
½ lb. citron peel
½ lb. candied cherries
½ lb. blanched almonds

Cream the butter and sugar. Beat the eggs and add to the mixture. Add the milk and flour with salt and baking powder alternately. Lastly, add the fruit and almonds. Bake in a slow oven for about 1 hour and 20 minutes.

Mrs. Jas. Gardner.

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Fillings and Icings

"The turnpike road to people's hearts, I find,
Lies through their mouths, or I mistake mankind."

BANANA CHOCOLATE ICING

1 cup boiling water
1 tablespoon butter
2/3 cup white sugar

Bring to boiling point and add 1 tablespoon cornstarch, 1 tablespoon cocoa dissolved in water. Stir into the other part and stir continually until it thickens. Have sliced bananas on top of cake and pour on icing when it has cooled a little.

Mrs. Chris Taylor.

APPLE ICING AND FILLING

white of 1 egg
1 cup white sugar
1 apple peeled and cored

Grate apple quickly into white of egg, add sugar. Beat thoroughly until stiff enough to spread on cake. A chopped banana is a great improvement. Use while fresh.

H. T.

CHOCOLATE ICING AND FILLING

1 grated cake of chocolate
1/2 cup brown sugar
1/2 cup milk
yolk of 1 egg

Boil two or three minutes, set aside to cool, add vanilla and spread between and on top.

B. J. C.

GOLD ICING

yolkes of 3 eggs

15 heaped teaspoons of granulated sugar

Place in a bowl and beat with a fork until very smooth. Add vanilla flavoring, spread on cake, then place in oven for a few minutes and let brown slightly.

Mrs. Jas. Howey.

COOKED ICING

7/8 cup granulated sugar

white of 1 egg

3 tablespoons cold water

Place dish inside another dish containing boiling water, (be sure water is boiling briskly.) Cook 7 minutes, beating constantly. Add vanilla flavoring, and spread on cake.

Mrs. J. A. Cruickshank.

ALMOND PASTE

(FOR CHRISTMAS CAKE)

whites of 3 eggs

1 lb. almonds

3 cups sugar

10 drops of Rose Extract

Pound nuts to a paste with a little sugar. Add whites of eggs and the rest of sugar and extract. Pound a few minutes to thoroughly mix, and spread.

M. Cruickshank.

ORANGE FROSTING

1 tablespoon cream

1 cup icing sugar

1 tablespoon melted butter

1/2 teaspoon orange extract

pulp and rind of 1 orange

Add cream slowly to the sugar. Add orange pulp, rind and extract, and beat until smooth.

Mrs. J. A. C.

LEMON FILLING AND FROSTING

1 lemon pulp and juice

1 cup sugar

1 egg, beaten

$\frac{3}{4}$ cup boiling water

1 tablespoon butter

1 tablespoon cornstarch

Cook in double boiler, when cool, spread between and on top of cake.

Make frosting with 1 cup icing sugar. Melt over hot water with enough milk to moisten. Add small piece of butter. Let run over cake while hot. The spreading cools the frosting.

Mrs. D. A. C.

FUDGE ICING

1 cup granulated sugar

1 large teaspoon cocoa

$\frac{1}{2}$ cup milk

Butter the size of an egg

Boil until it almost hairs, and beat like fudge until of the right consistency to spread. Flavor with vanilla.

Mrs. N. E. Smith.

BUTTER ICING

$\frac{1}{2}$ lb. icing sugar

small piece of butter, about half the size of an egg, and enough cream to mix to the desired consistency. Add flavoring.

Mrs. Wing.

PLAIN MOCHA ICING

Use icing sugar, a piece of butter the size of an egg, and enough cold water or milk to stir smooth. Blanch and cut almonds. Scorch in oven, and crush fine and spread over icing on cake.

Mrs. H. Moffatt.

ALMOND FILLING

1 coffee cup of whipped cream
1/2 lb. almonds, blanched and chopped
3 tablespoons powdered sugar

Mrs. E. H.

BANANA FILLING

Mash 2 bananas, 2 tablespoons sugar, 1 tablespoon cornstarch, pinch of salt. Boil and stir until thick. Remove from fire and add 1/2 teaspoon lemon extract or 1 tablespoon lemon juice. Mix and spread while hot.

Mrs. C. H. Younge.

ORANGE ICING

Beat white of 1 egg with confection sugar as for soft frosting. Beat the yolk, and add grated rind of 1 orange. Mix with white part and spread.

E. M.

DATE FILLING

Boil together 1 cup water, 1 cup sugar, 3 level dessertspoons cornstarch mixed smooth with a little cold water, the juice and grated rind of 1 orange and yolk of 1 egg. When it begins to thicken, add 1 cup walnuts and 1/2 lb. dates, chopped fine.

P. F.

MAPLE CREAM ICING

1 cup brown sugar
1 tablespoon milk
butter the size of a walnut

Boil until it forms a ball in water. Add vanilla and beat until thick and creamy.

Betty.

MARSHMALLOW FILLING

2 oz. gum arabic, cover with 8 tablespoons warm water, put into double boiler and stir until dissolved. Run through sieve and add 7 oz. powdered sugar, and stir until dissolved. Pour while hot over the beaten whites of 4 eggs. Beat a few minutes, add vanilla, and let stand until cold, and spread between layers.

Mrs. Moffatt.

BOILED MAPLE ICING

Grate $\frac{1}{2}$ cup maple sugar, $\frac{1}{2}$ cup granulated sugar, enough water to dissolve. Boil until it spins a thread, pour over the stiffly beaten white of 1 egg, beating rapidly. Continue beating until of the right consistency to spread. Put chopped walnuts on top.

Mrs. J. K. C.

BROWN SUGAR ICING

1 tablespoon butter
1 cup brown sugar
4 tablespoons water

Boil until it threads, and beat until it creams.

Miss K. Christie.

PLAIN WHITE ICING

$\frac{1}{2}$ pound icing sugar, white of 1 egg, a few drops lemon extract. Work with wooden spoon 15 minutes.

M. G.

FIG FILLING

$\frac{1}{2}$ lb. chopped figs
2 tablespoons sugar
3 tablespoons boiling water
1 tablespoon lemon juice
Cook in double boiler until smooth.

M. C.

ORANGE FILLING

grated rind of 1 orange and half the juice
half the juice of 1 lemon
 $\frac{1}{2}$ cup boiling water
 $\frac{1}{2}$ cup sugar
2 tablespoons cornstarch
yolk of 1 egg
Boil until thick.

L. S.

MARSHMALLOW ICING

Melt $\frac{1}{4}$ lb. marshmallows over hot water. Boil 1 cup sugar and $\frac{1}{3}$ cup water until it threads. Add to the well beaten white of 1 egg, quickly adding the marshmallows and 1 teaspoon vanilla. Continue beating until smooth, and spread on cake.

Mrs. Knox Christie.

Cookies and Small Cakes

“Oh, weary mother, mixing dough,
Don't you wish that food would grow?
Your lips would smile I know, to see
A cooky bush or a doughnut tree.”

SHORT BREAD

2 $\frac{1}{2}$ lbs. flour
1 $\frac{1}{2}$ lbs. butter
1 lb. granulated sugar

Soften butter, but not melt it. Beat thoroughly to a cream. Add sugar and continue beating. Sift flour in and knead well until it sticks together, but not too smooth. Roll about 1 inch thick, mark, sprinkle with sugar, and bake in a moderate oven $\frac{3}{4}$ of an hour. Put paper in bottom of tin, but do not butter.

Miss J. B. Cameron.

OATMEAL COOKIES

2 $\frac{1}{2}$ cups flour
2 $\frac{1}{2}$ cups rolled oats
1 $\frac{1}{2}$ cups brown sugar
1 cup butter
1 teaspoon soda
1 cup sour cream
Roll thin, put dates between.

Bertha Fraser.

OATMEAL COOKIES

3 cups rolled oats
1 cup flour
1 cup shortening
 $\frac{3}{4}$ cup brown sugar
 $\frac{1}{2}$ teaspoon baking powder dissolved in $\frac{1}{4}$ cup hot water

Mrs. J. J. Kelly.

DATE JUMBLES

1 lb. dates, chopped fine
1 cup chopped walnuts
2 eggs
1 cup butter and lard
1 teaspoon baking powder
 $\frac{1}{4}$ teaspoon spice and flour to make stiff enough to drop
on tins.

Mrs. J. J. Kelly.

DATE STICKS

3 eggs, beat 10 minutes
1 cup white sugar
1 cup chopped walnuts and 1 cup dates, cut and floured
 $\frac{3}{4}$ cup flour
1 teaspoon baking powder
Bake in flat tin. Cut in fingers while warm, and roll in
powdered sugar.

Mrs. F. H. Kilbourn.

OATMEAL COOKIES

Materials :

$2\frac{1}{2}$ cups standard oatmeal
 $2\frac{1}{4}$ cups flour
1 cup butter
1 cup brown sugar
2 eggs
2 tablespoons sour milk
1 teaspoon soda
 $\frac{3}{4}$ teaspoon cream of tartar
 $\frac{1}{2}$ teaspoon cinnamon

Preparation :

Mix oatmeal, flour, sugar and cinnamon, rub in shortening with the tips of the fingers. Beat eggs, put soda and cream of tartar in milk, add with eggs to mixture. If too dry, add more milk. Roll thin and bake in hot oven.

Mrs. J. McTavish.

OATMEAL COOKIES

2½ cups oatmeal
2½ cups flour
1 cup sugar (brown)
1 cup lard or butter
1 teaspoon soda dissolved in ½ cup luke warm water
Roll thin and cut.

Mrs. Chas. Robertson.

GINGER SNAPS (WITHOUT EGGS)

1 cup brown sugar
1 cup shortening (lard or butter)
½ cup molasses
½ cup corn syrup
1 teaspoon cinnamon
1 teaspoon ginger
¼ teaspoon cloves
1 teaspoon salt
1 teaspoon soda dissolved in ½ cup boiling water

Flour to make very stiff. Do not mix on board, beat flour in with batter spoon. These are best when made and let stand overnight. Then pinch off small pieces and roll with hands into shape, and bake in moderate oven.

Mrs. S. Smith.

GINGER SNAPS

1 cup molasses
1 cup brown sugar
1 cup shortening
1 tablespoon cinnamon
2 teaspoons ginger
1 level teaspoon soda

Bring all together to a boil, add 4 cups flour, roll very thin, bake in moderate oven.

Mrs. E. J. Harrison.

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SOUR CREAM COOKIES

Materials :

2 cups flour

1 cup sugar (granulated)

$\frac{3}{4}$ cup thick, sour cream

1 egg

$\frac{3}{8}$ teaspoon soda

$1\frac{1}{2}$ teaspoon baking powder

$\frac{1}{4}$ teaspoon salt

flavoring

Preparation :

Sift dry ingredients together. Beat egg; add sugar and cream, then dry ingredients. Drop by the teaspoonful an inch apart on greased pan. Moderate oven 15 minutes. Nuts may be added.

Mrs. J. McTavish.

OATMEAL DATE CAKES

2 cups rolled oats

1 cup brown sugar

$\frac{1}{2}$ cup butter

$\frac{1}{2}$ cup lard

$\frac{1}{2}$ cup milk

3 teaspoons baking powder

Flour for stiff dough

Filling :

1 lb. dates

$\frac{1}{2}$ cup sugar

$\frac{1}{2}$ cup water

cool to a paste

Roll dough $\frac{1}{8}$ inch thick. Spread the date mixture on half, fold other half over, cut in squares. Bake in moderate oven.

Mrs. Percy R. Browne.

DROP CAKES

1 cup brown sugar
1/2 cup butter
1/2 cup chopped raisins
1/2 cup chopped walnuts
1/2 teaspoon soda in 2 tablespoons hot water
1 egg
2 cups flour

Drop on greased pan. Press on top with fork. Bake slowly.

Mrs. Percy R. Browne.

CORNFLAKE COOKIES

1 cup white sugar
1/2 cup butter
3 eggs
2 teaspoons baking powder
2 teaspoons vanilla
1 1/2 cups flour
4 cups cornflakes
pinch of salt

Put cornflakes in last. Drop from teaspoon. Bake in quick oven.

Mrs. J. C. Pringle.

DATE DROPS

1 cup chopped dates
10c. blanched almonds, chopped
white of 1 egg
1/4 cup granulated sugar
beat egg, while stiff, add sugar, then dates and nuts.
Drop from teaspoon. Bake slowly.

Mrs. Percy R. Browne.

NUT COOKIES

- $\frac{1}{3}$ cup butter
- $\frac{1}{2}$ cup sugar
- 2 eggs
- $\frac{3}{4}$ cup flour
- 1 teaspoon baking powder
- $\frac{3}{4}$ cup chopped nuts
- 1 teaspoon lemon juice

Cream butter and add sugar and eggs, well beaten. Sift flour and baking powder together, add the first mixture. Then add nuts and lemon juice. Drop from teaspoon on an unbuttered baking sheet, 1 inch space between. Sprinkle with chopped nuts, and bake in very slow oven.

Mrs. Gray Stewart.

BROWN SUGAR COOKIES

- 2 eggs
- $1\frac{1}{2}$ cups brown sugar
- $\frac{3}{4}$ cup butter
- 1 small teaspoon soda
- 1 teaspoon cream of tartar
- flour to roll

Roll very thin, and bake in moderate oven.

Mrs. Percy Lee.

COOKIES

- 1 cup sugar
- $\frac{1}{2}$ cup butter
- 2 eggs
- 4 tablespoons milk
- 2 cups flour
- 2 teaspoons baking powder and flavouring.

Cream the butter and sugar, add the egg and milk gradually, and flavour to taste. Sift flour and baking powder together, and add gradually to above until dough can be handled. Roll out thin, cut with cookie cutter, and bake in quick oven.

Mrs. King.

COOKIES

- 2 cups brown sugar
- 1 cup butter and lard mixed
- 1 egg
- $\frac{1}{2}$ cup buttermilk
- 1 tsp. soda

Flour to roll, sprinkle with cocoanut or put raisins on top, bake in quick oven

Mrs. Percy R. Browne.

PEANUT COOKIES

- $\frac{1}{4}$ cup butter
- $\frac{1}{2}$ cup sugar
- 1 egg, beaten light
- 1 cup flour
- 2 tablespoons milk
- $\frac{1}{4}$ teaspoon salt
- 1 level teaspoon baking powder
- $\frac{3}{4}$ cup shelled peanuts

Sift flour, salt and baking powder together three times. Cream butter, add sugar, egg and milk. Then add the flour mixture, and lastly, the peanuts, chopped fine or rolled fine.

Drop on a well buttered tin, teaspoon to each cake. Place $\frac{1}{2}$ nut on the top of each cookie. Bake. Mrs. J. A. Little.

MOLASSES COOKIES

- 1 cup melted butter
- 1 cup sugar
- 1 egg
- $\frac{1}{2}$ cup milk
- 1 cup molasses
- 2 teaspoons soda
- 4 cups flour
- 4 teaspoons ground ginger

Stir together the butter, sugar, egg and molasses. Dissolve soda in milk and add with flour. Make moderately stiff dough, roll out thin and bake in moderate oven. The shortening may be half lard.

Mrs. King.

COOKIES

2 eggs
1 cup shortening
1 cup white sugar
1 tsp. soda
1 tsp. cream tartar
2 tablespoons sweet milk
1 tsp. flavoring
Flour to thicken

Mrs. Percy R. Browne.

SCOTCH COOKIES

2 $\frac{1}{2}$ cups white sugar
1 $\frac{1}{2}$ cups butter
 $\frac{1}{2}$ cup table syrup
7 cups flour
2 teaspoons soda
3 eggs
1 teaspoon vanilla
Roll moderately thin, and brush top with water.

Mrs. Percy Lee.

SWEDISH COOKIES

1 $\frac{1}{2}$ cups brown sugar
1 cup butter
3 eggs
1 cup chopped walnuts
1 cup raisins
1 teaspoon cinnamon
3 tablespoons boiling water
1 teaspoon soda
flour to thicken

Beat sugar, butter and eggs to a cream, add cinnamon, nuts and raisins, well floured; 2 tablespoons water, then flour to thicken. Lastly, add soda dissolved in 1 tablespoon water. Drop from teaspoon on buttered pan. Bake in moderate oven.

Mrs. Percy Lee.

CHOCOLATE NUT COOKIES

- 1 cup sugar
- 2 tablespoons butter
- 1 well beaten egg
- 1 $\frac{3}{4}$ cups flour
- 1 teaspoon baking powder
- 1 tablespoon grated chocolate
- 1 teaspoon cinnamon
- $\frac{1}{2}$ cup milk
- 1 cup raisins
- 1 cup chopped nuts
- 1 tsp. vanilla

Cream sugar add butter and well beaten egg, mix flour baking powder, chocolate, cinnamon, add this alternately with milk to the creamed mixture, stir in raisins, chopped nuts and vanilla. Drop by spoonfuls on buttered tin and bake in moderate oven.

Mrs. King.

WALNUT WAFERS

- 1 cup sugar
- $\frac{1}{2}$ cup butter
- 1 cup chopped raisins or dates
- 1 cup chopped walnuts
- 2 eggs
- 1 $\frac{1}{4}$ cups flour
- 2 tsps. baking powder

Cream butter, sugar, yolks of eggs, add flour, powder, fruits and nuts, lastly add beaten whites, drop from teaspoon, bake in brisk oven.

Bertha Frazer.

CORN GEMS

- 2 cups corn meal
- $\frac{1}{2}$ cup wheat flour
- 2 eggs
- 2 tbsp. melted lard
- 1 tsp. salt
- 2 $\frac{1}{2}$ tsp. Baking Powder
- Sufficient milk to make cake batter

Mrs. F. H. Kilbourn.

MACAROONS

1 egg
1/2 cup gran. sugar
2/3 tbsp. melted butter
2/3 cup rolled oats
1/3 cup cocoanut
pinch of salt
vanilla

Beat egg well, add sugar, butter, rolled oats, cocoanut, salt and vanilla, drop from tsp. bake slowly. (for change, instead of cocoanut, add chopped dates or raisins, chopped nuts and flavor with almond.)

Mrs. Percy R. Browne

BROWN BETTIES

1 cup brown sugar
2 tablespoons butter
1 egg
2 cups flour
1/2 tsp. soda
1 tsp. cream of tartar
1/2 tsp. salt
4 tbsp. milk
1/2 cup chopped walnuts
1/2 cup chopped dates or raisins

Drop from a teaspoon and bake in a quick oven.

Mrs. S. Smith.

DEACON COOKIES

3 eggs
1 cup butter
1 cup sugar
1 tsp. soda
2 tsps. cream of tartar

Add enough flour to make a soft dough, flavoring to taste. Roll thin and sprinkle with sugar and you will have the best cookies you ever ate.

Mrs. S. Smith.

COCOANUT MACAROONS

- 1 shredded cocoanut
- 1 can eagle brand condensed sweetened milk
- 1 tsp. vanilla

Mix altogether and make into little drops, put on a buttered pan and cook in a moderate oven.

Dorothy Tait.

COCOA NUT WAFERS

- 3 tbsp. butter
- 2 tbsp. cocoa
- 3 tbsp. milk
- 1 tbsp. chopped nuts
- 7 tbsp. flour
- $\frac{1}{4}$ tbsp. vanilla
- 5 tbsp. pulverized sugar
- pinch of salt

Add the milk, drop by drop to creamed sugar and butter, stirring constantly. Add slowly the flour mixed with cocoa. Grease pan well with butter, drop from end of spoon and sprinkle with nuts, dust with cinnamon. Bake in a slow oven until browned.

Mrs. Tait

COLLINGWOOD COOKIES

- $1\frac{1}{2}$ cups brown sugar
- 2 eggs
- $\frac{1}{2}$ cup butter and lard mixed
- 1 tbsp. molasses
- 1 tsp. cinnamon
- 1 tsp. cloves
- 1 cup currants
- 1 generous teaspoon of soda dissolved in $\frac{1}{4}$ cup boiling water.

Mrs. G. Dean.

BOSTON COOKIES

1 cup lard and butter mixed
2½ cups flour
1 cup sugar
1 cup raisins or dates
½ cup walnuts
2 well beaten eggs
½ tsp. soda

Rub together until fine, lard and butter, flour, sugar raisins or dates, walnuts, then add well beaten eggs, ½ tsp. soda dissolved in two tbsp. hot water. Drop on buttered tins and bake in a moderate oven.

Mrs. G. Dean.

CHEESE STRAWS

¾ cup grated cheese
½ cup butter
pinch cayenne
1 tsp. sugar
½ tsp. salt
1 tsp. nutmeg
1 egg
2 tbsp. sweet cream
1¼ cup flour

Mix all other ingredients together, then add flour and roll out, cut six inches by ¼ inch. Bake in a moderate oven.

Mrs. McGavin.

CORNFLAKE COOKIES

Whites of 2 eggs
1½ cups sugar

Beat well and put all the cornflakes in it will take. Drop on a greased tin and brown in a moderate oven.

Mrs. P. Sparling.

SPICE COOKIES

Yolks of 2 eggs
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ cup molasses
1 tsp. ginger
 $\frac{1}{2}$ tsp. any kind of spice
 $\frac{1}{2}$ teaspoon soda dissolved in quarter cup sour milk
 $\frac{1}{2}$ cup shortening, pinch of salt and enough flour to thicken. Drop on a greased pan and bake in moderate oven.
Mrs. P. Sparling

FRUIT COOKIES

$\frac{3}{4}$ cup butter
 $\frac{3}{4}$ cup sugar
2 eggs
1 large tbsp. sour cream
1 tsp. soda
 $\frac{1}{2}$ tsp. cream of tartar
 $\frac{3}{4}$ cup chopped raisins
a little nutmeg
flour enough to roll
salt

Mrs. S. Smith.

COCOA FRUIT COOKIES

$\frac{1}{3}$ cup butter
 $\frac{1}{2}$ cup sugar
1 egg
 $\frac{1}{2}$ cup nut meats finely chopped
 $\frac{1}{2}$ cup seeded raisins, finely chopped
 $\frac{1}{4}$ cup dates finely chopped
1 cup flour
4 tbsp. Cowans cocoa
1 tsp. baking powder
salt

Method : Cream butter, add sugar gradually, add egg thoroughly beaten. Mix and sift flour, cocoa, baking powder and salt three times. Add to mixture and mix thoroughly. Add chopped raisins, nuts and dates, chill; drop from end of tsp. on a greased and floured sheet. Bake in a moderate oven.
Mrs. Tait.

COCOA COOKIES

- 1/2 cup shortening
- 1 cup sugar
- 2 eggs
- 1/3 cup milk
- 1/2 cup cocoa
- 4 tsps. baking powder
- 4 cups flour
- 1 tsp. vanilla
- pinch of salt

Cream the sugar and shortening together, add milk slowly add eggs well beaten, sift the flour, cocoa, baking powder together and add to make a stiff dough. Roll out a quarter of an inch thick. Bake in hot oven 12 to 15 minutes, put together with date filling.

Mrs. Tait.

DROP CAKES

- 2 eggs
 - 1 scant cup sugar
 - 1 cup dates
 - 1/4 lb. shelled walnuts
 - 3 tbsp. butter
 - 2 cups flour
 - 2 tsps. baking powder
- Drop in spoonfuls on buttered tin.

Mrs. King

LIGHT ROCKS

- 2 eggs
- 1/2 cup butter
- 1 cup granulated sugar
- 1 cup raisins (white or dark)
- 1/2 cup grated cocoanut
- 2 tsps. baking powder
- 2 cups flour
- Nuts if preferred

Beat eggs, butter and sugar together first, then add flour and baking powder sifted together. Bake in a moderate oven.

Mrs. Woods.

RUSKS

- 1½ cups brown sugar
- 1 cup butter
- 4 eggs well beaten
- 1 tsp. cinnamon
- 1 lb. almonds and walnuts
- 1 lb. dates
- 1 tsp. soda in 4 tablespoons water

Melt butter a little on stove, then add sugar, beat in eggs and other ingredients, last, add the flour and soda. Drop with a tsp. into the well greased pan. If they do not rise sufficiently, add a little more flour. Keep in a tightly covered tin box. They will keep moist for a long time.

Mrs. J. A. Little.

ROCKS

- 1½ cup sugar
- 1½ cup butter
- 3 eggs
- 1 tsp. soda
- 1 tsp. cinnamon
- 1 tsp. allspice
- 1 cup nuts
- 1 cup dates
- 1 cup raisins

Mix well and drop from a tsp. on a well buttered pan and bake in a moderate oven.

Mrs. T. F. King.

COOKIES (with corn meal)

- ½ cup lard
- ½ cup milk
- 1 cup sugar
- 1 tsp. baking powder with soda the size of two peas, a little corn meal and flour to stiffen.

Mrs. J. H. Cannon.

Knox Gelatine is measured ready for use—two envelopes in each package

DROP COOKIES

1 cup brown sugar
4 tbsp. (level) lard or other shortening
4 tbsp. (level) butter
1 egg
9 tbsp. good cream, sour
1 tsp. soda
 $\frac{1}{2}$ tsp. cinnamon
2 tsp. grated chocolate
1 cup raisins
nuts

Flour to make stiff, drop on pan and cook in hot oven.

Mrs. J. H. Cannon.

DROP CAKES

$\frac{1}{2}$ cup butter and lard mixed
 $\frac{3}{4}$ cup white sugar
1 cup brown sugar
3 eggs
1 tsp. soda dissolved in hot water
3 cups flour
chopped dates and walnuts
Mix all dry ingredients, add eggs and soda.

Mrs. D. A. Christie.

DROP CAKES

1 cup brown sugar
 $\frac{3}{4}$ cup butter
2 eggs
1 tsp. soda dissolved in a little hot water
1 tsp. cinnamon
1 cup chopped dates
 $1\frac{1}{2}$ cups flour
 $1\frac{1}{2}$ cups oatmeal
Drop on buttered tin.

Mrs. W. Bishop.

ALMOND FINGERS

- 1 cup flour
- $\frac{1}{3}$ cup butter (small)
- 1 tbsp. gran. sugar
- 1 egg yolk
- 1 tsp. baking powder

Mix and roll out thin, then beat egg white stiff, add six heaping tsps. of icing sugar and spread evenly over, sprinkle with blanched almonds, cut into narrow strips and bake.

Mrs. H. H. Bowman.

ALMOND COOKIES

- $\frac{1}{2}$ cup butter
- 1 cup sugar
- 1 well beaten egg
- $1\frac{3}{4}$ cups of rolled oats
- $\frac{1}{2}$ cup blanched almonds
- $\frac{1}{2}$ cup raisins
- $1\frac{1}{2}$ cups flour
- 2 tsps. baking powder
- $\frac{1}{2}$ tsp. salt
- cloves
- $\frac{3}{4}$ tsp. cinnamon
- $\frac{1}{3}$ cup milk

Cream butter, add sugar and well beaten egg, rolled oats, blanched almonds and raisins cut in pieces. Mix and sift flour, baking powder, salt, cloves and cinnamon. Add the dry ingredients alternately with milk. Drop from spoon on greased pan.

BUTTER TARTS

- 1 cup currants (or small raisins)
- 1 cup sugar
- 1 tbsp. butter
- 1 egg.
- vanilla

Cook before putting into unbaked crust.

Miss Maughan.

HERMITS (drop cakes)

1½ cups brown sugar

3 eggs

1 tsp. soda dissolved in 1½ tsps. hot water

3¼ cups flour (small)

½ tsp. salt

1 tsp. cinnamon

1 cup chopped walnuts

½ cup chopped raisins

½ cup chopped dates

Drop in small spoonfuls on buttered tins.

Mrs. S. Smith

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Pies

"Oh! flaky and crusty and succulent pie,
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SOUR MILK PIE CRUST

1 cup flour
 $\frac{1}{2}$ cup lard (generous)
 $\frac{1}{3}$ cup of sour milk
 $\frac{1}{4}$ small tsp. soda
pinch of salt

Use just enough soda to make it foam, no more. Mix, roll out about 9 inches wide then roll up. cut in two parts, put layer side up (this makes it flaky) and roll one piece to fit your pan on bottom, one on top.

Mrs. F. Corbet.

PIE CRUST

3 cups flour
1 cup lard
 $\frac{1}{2}$ cup Butter
little salt

Mix with cold water handling as little as possible, use knife for mixing.

Mrs. Wilson.

BUTTERED TARTS

Scorch butter size of an egg
1 cup currants
1 cup white sugar
1 egg
1 cup sweet milk
Bake in tart shells.

Mrs. Feild.

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BUTTERED TARTS

1 cup brown sugar
butter the size of an egg
1 egg
beat all together

This makes 8 tarts. Bake in tart shells.

SOUR CREAM PIE

1 cup sour cream
yolkes of 2 eggs
1 cup white sugar
1 level teaspoon cloves or cinnamon
 $\frac{1}{2}$ cup seeded raisins
 $\frac{1}{2}$ teaspoon soda

Stir all together in a sauce pan, and cook till the foam which rises on it has disappeared. Bake crust first, add filling and put the beaten whites of eggs on top.

Mrs. R. E. McClean.

TARTS (filling)

1 cup brown sugar
2 eggs well beaten
1 cup syrup
1 tablespoon butter
nutmeg

Mrs. S. Wilson.

APPLE CUSTARD PIE

1 teacup of tart apples stewed quite dry
1 cup sour cream
2 well beaten eggs
 $1\frac{1}{2}$ teaspoon sugar
season with nutmeg
Bake with lower crust only.

Mrs. S. Wilson.

DATE PIE

- 1 lb. dates, stoned and chopped
- 1 cup brown sugar
- 1 teaspoon butter
- a little salt
- 1 cup water

Cook until the dates are soft, then fill crust and cover with whipped cream.

Mrs. Robt. Barss.

LEMON, DATE PIE

Bake a rich crust in a deep pan. In the bottom of each crust put a cupful of chopped dates. Then for each pie, take 1 cupful of sugar and 1 tablespoon flour. Mix them well, and add 1 cupful boiling water. Boil ten minutes, stirring hard. Then add juice of 1 large lemon and 1 tablespoon butter, boil for 1 minute. Then beat into it 2 beaten egg yolks. Pour this over the dates.

Beat 2 egg whites stiff. Add 1 tablespoon sugar. Spread over pie, and brown in hot oven.

Belle Cunneyworth.

RAISIN FILLING FOR PIE OR TARTS

- 1 cup seeded raisins, chopped
- 1 egg
- 1 cup sour milk
- 1/2 cup butter
- 1 cup brown sugar

1 teaspoon each of cinnamon and cloves. Mix all, and cook for 1/2 hour in double boiler, enough for 2 pies.

Mrs. John Grady.

DUTCH PIE

Slice apples in open tart

Put over apples, 1/2 cup white sugar and 1/2 cup rich milk or cream. Make crumbs to put on top with 3 tablespoons flour (scant,) 2 tablespoons sugar, butter the size of an egg. Sprinkle over top and bake.

Mrs. E. G.

RAISIN PIE

1 lb. seeded raisins
1 quart water
1 cup sugar
grated rind of 1 lemon
3 tablespoons flour
1 egg

Put the raisins and water on to boil and keep adding to the water as it boils down, so that you will still have 1 quart of liquid when the raisins are cooked. Add the lemon to the sugar, then the beaten egg and flour. Pour this over the raisins, cook for a couple of minutes more, then remove from the stove.

This makes enough filling for 3 pies.

Mrs. A. A. Smith.

GOLDEN PIE

1 cup brown sugar
1 cup golden syrup
Mix well together
Break in 3 eggs and beat a little.
Grate 1 nutmeg into this, and bake.

Mrs. McGavin.

BANANA CREAM PIE

2 large cups milk
 $\frac{3}{4}$ cup sugar
butter the size of a walnut
pinch of salt
3 eggs
3 level dessertspoons cornstarch

Heat milk, butter and sugar in saucepan, beat eggs very light (save out the whites of two for top,) add the cornstarch mixed with a little milk to the eggs, and add to the hot milk, stirring until it thickens. Add vanilla. Slice two small bananas lengthwise into a deep crust and pour in filling. When slightly cool pour on the stiffly beaten egg whites to which has been added 1 tablespoon sugar, a few drops vanilla and a few drops banana flavoring. Brown slightly in oven.

Mrs. Knox Christie.

LEMON PIE

4 level tablespoons cornstarch
2 tablespoons cold water
1 cup sugar
2 egg yolks
juice of 1½ lemons
1 cup boiling water
1 teaspoon butter

Preparation :

Mix cornstarch with cold water. Pare the rind of lemon thinly and steep ten minutes in boiling water. Separate yolks and whites of eggs, squeeze lemons. Pour boiling water over cornstarch mixture, cook a minute or two until clear and thick. Add sugar, stir 1 minute, add egg yolks, cook 1 minute, add lemon and butter. Take off stove at once.

Mrs. A. A. Smith.

AMBER PIE

1 cup sugar
1 tablespoon flour
yolks of 2 eggs, whites on top
½ cup sour milk (thick)
1 tablespoon vinegar
1 cup raisins
spice to taste

Bake like custard pie.

N. C. C.

CARMEL PIE

Put in a pan to boil, 1 cup brown sugar, butter the size of an egg, 1 cup hot water. Mix 1 tablespoon cornstarch with a little water, add the beaten yolks of 2 eggs and 1 teaspoon of vanilla and stir in. When thick, pour into a crust, and use whites of eggs on top.

Mrs. C. Graham.

BUTTER SCOTCH PIE

1½ cup butter
2 cups brown sugar
2 eggs (yolks)
3 tablespoons flour
vanilla

Mix all together and dissolve in 1½ cups milk. Boil until thick. Whites of eggs for frosting.

Mrs. G. W. Thompson.

FILLING FOR TWO LEMON PIES

2 cups sugar
3 lemons, juice and rinds
butter the size of an egg
5 tablespoons cornstarch mixed with cold water, and 2 cups boiling water added to it, 4 eggs, the yolks for the filling, whites for top.

Mrs. D. A. Christie.

RHUBARB PIE

Put a thin layer of rhubarb in bottom of paste and pour over a mixture of :

1½ cup sour cream
1 cup white sugar
2 tablespoons flour
1 egg yolk, and white beaten to a stiff froth. Then bake.

Mrs. M. G.

PRUNE PIE

Line a deep pie plate with rich crust. Cover bottom with stewed prunes (remove stones,) pour over this 1 egg with ½ cup sugar, ½ cup milk and ½ cup cream, sprinkle with nutmeg, and bake.

Mrs. McG.

DATE AND CUSTARD PIE

Make your pie shell and bake. Then cover bottom of shell with dates cut very fine. Pour over a nice custard. Put a meringue on top of pie, and brown in oven.

Mrs. McGavin.

BUTTERSCOTCH PIE

- 1 cup brown sugar
- 3 tablespoons flour (blend)
- 1 cup milk
- 2 tablespoons butter
- 3 tablespoons water
- 3 egg yolks, beaten

Boil until thick in double boiler, and put in baked crust. Use 3 whites for meringue beaten with 3 teaspoons white sugar. Could be made with 2 eggs.

Mrs. A. E. Trout.

MINCEMEAT PIE

- $\frac{1}{4}$ lb. mixed peel
- 2 lbs. raisins
- 2 lbs. currants
- 1 lb. suet
- 12 large apples
- 1 lb. brown sugar
- 1 cup granulated sugar
- 1 teaspoon nutmeg
- 2 teaspoons allspice
- 1 teaspoon cassia
- 1 quart cider

1 lb. cooked beef, put through chopper, and to this any fruit juice you have on hand from time to time, if mixture is too thick. This will make several pies. Use a rich paste, top and bottom.

Mrs. Chapman.

RHUBARB PIE

1 teaspoon cornstarch

1/2 cup granulated sugar

1 beaten egg

2 cups rhubarb, cut in medium sized pieces. Mix all together, cook between 2 pastes.

Mrs. Chapman.

LEMON SPONGE PIE

Butter the size of an egg, melted

1 cup white sugar

juice and rind of 1 lemon

yolks of 2 eggs

1 cup sweet milk

3 tablespoons flour

whites of 2 eggs

Cream butter and sugar, add lemon juice and yolks of eggs. Mix flour to paste in some of the milk, and add the rest of the milk. Then mix with other ingredients. Lastly, add the whites, well beaten, pour all into crust, and bake in a slow oven.

Mrs. Gilchrist.

CHOCOLATE PIE

2 cups sweet milk

1 bar chocolate

1 teaspoon cocoa

2 eggs

1 cup granulated sugar

Beat yolks of eggs with a little sugar, and add 3 teaspoons cornstarch and stir into heated milk and chocolate. Flavor with vanilla and add pinch of salt. Use whites of eggs for frosting.

Two medium sized pies.

Mrs. Chapman.

MOCK CHERRY PIE

1 cup sugar
2 tablespoons flour
1 cup cranberries, cut in halves
1/2 cup chopped raisins
1 teaspoon vanilla
1 cup boiling water

Mrs. J. J. D.

CREAM PIE

2 cups rich, sweet milk (mix in a little cream, if you have it) and heat in double boiler
1 cup granulated sugar
yolks of 3 eggs, beaten light
2 tablespoons cornstarch
1 tablespoon vanilla
Add lastly, white of 1 egg, beaten stiff, and use whites of 2 for top of pie as meringue. Bake rich shell, and use above for filling.

Two medium sized pies

Mrs. Chapman.

RASPBERRY PIE

Fill bottom of pie with raspberries, then beat up yolks of 2 eggs, 1/2 cup sugar, salt. Add whites of eggs beaten stiffly and a little milk, and pour over pie and bake. Any fruit may be used.

Mrs. T. McGavin.

RASPBERRY PIE

1/2 lb. melted butter
1 cup sugar
4 eggs
extract almond essence
10c. almond nuts

Mix together, make 2 pies and fill with raspberries, fresh or cooked, and pour liquid over, and bake.

Mrs. McGavin.

PUMPKIN PIE

1 quart of stewed and sifted pumpkin

4 eggs, well beaten, stir until creamy, and add 1 cup sugar, 1 teaspoon each of ginger, cinnamon and salt, then stir in 3 cups milk.

Bake in one crust in a moderate oven. When cold, top with whipped cream, sprinkle with minced almonds or dot with whole pecans.

Mrs. C. H. Thompson.

PUMPKIN PIE

2 eggs

$\frac{1}{2}$ pint pumpkin

$\frac{1}{2}$ pint milk

$\frac{1}{2}$ cup brown sugar

$\frac{1}{2}$ teaspoon salt

1 teaspoon cinnamon

1 teaspoon ginger

1 lump butter the size of a walnut

Bake in open crust until a rich brown and well set.

Mrs. W.

DATE PIE

1 package of dates, stone and boil

1 cup sugar

yolks of 2 eggs

vanilla to taste

1 pint of sweet milk

Use egg whites for frosting.

Mrs. E. D. Smith.

BANANA PIE

Bake crust first. Make a custard of 2 egg yolks, beaten. $\frac{1}{2}$ cup granulated sugar, little salt, 1 cup milk, 1 teaspoon vanilla. Thicken, when boiled, with cornstarch. Put a layer of custard and layer of banana until all ingredients are used. Put beaten whites on top.

Mrs. J. R. Cunningham.

PUFF PASTE

1½ cups flour

½ teaspoon salt

⅓ to ½ cup shortening, half butter and half lard
cold water to make a stiff dough, about 4½ tablespoons.

Mix and sift flour and salt. Cut in shortening with two knives, add cold water, using knife for mixing. Knead the dough lightly into a ball. Cut in two, and roll in circular pieces to fit pie plate. The secret of good paste is to have everything cold, and to use hands as little as possible.

Mrs. Randall S. Browne.

When making pie, butter the edge of lower paste to help retain juice.

Mrs. W. Wright.

WASHINGTON PIE

1 egg

¼ cup white sugar

4 tablespoons sweet cream

½ teaspoon soda

1 teaspoon cream of tartar

½ cup flour or a little more, pinch of salt. This batter will be thin.

Bake in jelly tins, and cut in two for pies.

Mrs. R. E. Linn.

LEMON RAISIN PIE

1 lemon

1 cup raisins

⅔ cup brown sugar

Put lemon and raisins through grinder, and bake between two crusts.

Mrs. Jno. Armstrong.

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Puddings and Pudding Sauces

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CARROT PUDDING

1 cup grated carrots
1 cup grated potatoes
1 cup brown sugar
1 cup chopped suet
2 cups raisins
2 cups currants
1/2 teaspoon cloves
1 teaspoon cinnamon
1 teaspoon soda
a little lemon peel
salt
2 cups flour

Steam three hours, and serve hot with sauce.

Mrs. Ryerson McLean.

CHOCOLATE PUDDING

1 egg, beat with a pinch of salt
1/2 cup granulated sugar
2 tablespoons flour or cornstarch wet with cold milk, and
put into enough scalded milk to make real thick. Flavor
with vanilla or maple. Pour in moulds, set away until cool.
Turn it out on small plate, then slice bananas thin, and put a
row around the bottom of pudding, and dot the pudding with
bananas, and serve with cream.

Mrs. Martindale.

APPLE AND LEMON PUDDING

4 eggs, (whites of 3 to be kept for the top)
6 apples, stewed or grated fine
6 oz. white sugar
4 oz. butter
Juice and rind of 1 lemon.

Beat all together, except the whites of eggs, till very light. Add 2 well beaten whites, 2 teaspoons white sugar and put on top. Serve cold.

Mrs. W. Breese.

FIG PUDDING

1 lb. figs, boiled until tender
 $\frac{1}{2}$ box Knox gelatine
1 cup sugar
Pour into moulds, and serve with whipped cream.

A Friend.

CHEESE PUDDING

Butter baking dish. Put in first a layer of buttered bread in slices, then a layer of grated cheese, sprinkle with salt, cayenne and dry mustard. Repeat layers until dish is full. Beat up $\frac{3}{4}$ pint milk and 2 eggs. Pour over, and bake about $\frac{3}{4}$ hour in moderate oven.

Mrs. W. H. Merritt.

HEAVENLY FOOD

2 eggs
2 tablespoons flour
1 teaspoon baking powder
1 cup chopped walnuts
1 cup chopped dates

Put in pan, and sprinkle with cinnamon, bake, cut while warm, and roll in icing or berry sugar.

N. C. C.

RICE AND APPLE PUDDING

1 cup rice, boiled very soft
6 large apples, stewed or baked

Press the pulp through a sieve, mix thoroughly with the rice, add $\frac{1}{2}$ tablespoon butter and the yolks of 2 eggs well beaten, sweeten to taste, bake. Beat the whites of eggs, put on top and return to oven till a light brown.

Mrs. W. Breese.

SNOW PUDDING

2 cups water
juice of 1 lemon
1 cup sugar
whites of 2 eggs
2 heaping tablespoons cornstarch

Boil sugar and water, remove from fire, add cornstarch and lemon juice, boil until thick. Remove from fire again, add whites of egg beaten stiff. Beat 10 minutes. Serve with custard or cream.

Mrs. W. Wright.

LEMON PUDDING

3 tablespoons cornstarch, wet with cold water

Pour into this : 1 pint boiling water, cooking until clear. Stir constantly and add juice of 2 lemons, 5 tablespoons granulated sugar, whites of 3 eggs beaten stiff, and a pinch of salt.

SAUCE

$\frac{2}{3}$ pint milk
yolks of 3 eggs, beaten lightly
1 teaspoon cornstarch
flavour with vanilla. Also a pinch of salt.

Mrs. Chapman.

LEMON PUDDING

Cream 1 cup of granulated sugar with 1 tablespoon butter, add 2 tablespoons flour, juice and grated rind of 1 lemon, 1 cup of milk and the beaten yolks of 2 eggs. Just before putting into baking dish, fold in the stiffly beaten whites. Bake slowly in a dish of water. When done, there will be a light creamy souffle on top, a layer of cream custard sauce underneath. This will serve 4 or 5 people, and can be baked in individual cups.

Mrs. Worth Bishop

STRAWBERRY SHORT CAKE

2 cups flour
1/2 teaspoon salt
2 tablespoons sugar
4 teaspoons baking powder
1/3 cup shortening
1 cup milk

Sift dry ingredients, cut in shortening, add liquid, spread evenly with spoon in greased cake tin. Bake 20 minutes in hot oven. Split cake, and use sweetened berries generously between and on top. Serve with whipped cream.

Mrs. E. J. Harrison.

DATE PUDDING

3 cups milk
3 eggs
1 teaspoon vanilla
2 large tablespoons cornstarch
1 scant cup granulated sugar

Cook in double boiler. Take 1 lb. of dates, washed and cut in halves, line a fruit bowl with dates, pour layer of pudding alternately. When cold, serve with whipped cream.

Mrs. G. W. Thompson.

CHRISTMAS PUDDING AND SAUCE

5 eggs
2 cups white sugar
2 cups butter
1 cup sour milk
1 package seeded raisins
3 cups currants
1 piece each of citron and orange peel, 1 teaspoon soda,
4½ cups flour. Steam 4 or 5 hours.

SAUCE

½ cup flour
¾ cup brown sugar
1 heaping tablespoon butter
Mix well, pour on about 2 cups boiling water. Stir smooth
and boil. Add vanilla.

Mrs. J. A. Cruickshank.

JUBILEE PUDDING

1 scant cup butter
½ cup sugar
2 eggs
2 tablespoons preserved fruit (cherries preferred)
1 teaspoon soda
1 cup flour
Steam 1 hour.

SAUCE

1 cup sugar
butter the size of an egg
yolk of 1 egg
2 tablespoons flour
1½ cups hot water

Boil in double boiler. Beat white of egg stiff, and fold
in, add flavoring.

Mrs. D. J. Cunningham.

ORANGE PUDDING

Pare and cut fine 3 large oranges. Strew over them $\frac{2}{3}$ cups sugar. Make a thick boiled custard by stirring 1 teaspoon cornstarch, wet with a little cold milk, the yolks of 2 eggs and 2 tablespoons sugar into 1 cup of boiling milk. Let cool for a few minutes. Pour this over the oranges. Beat the whites of eggs to a stiff froth, and add 2 tablespoons of powdered sugar. Put on top of pudding, and brown in very quick oven. Mrs. C. E. Brien.

CHRISTMAS PUDDING

1 lb. currants
1 lb. raisins
 $\frac{1}{2}$ lb. mixed peel
2 oz. sweet almonds
 $\frac{1}{2}$ lb. sugar
1 lb. beef suet
 $\frac{1}{2}$ lb. bread crumbs
1 lb. flour
4 eggs

A little nutmeg and spice, sufficient milk to make it nice and moist. Boil 6 hours, and 3 hours again when required to be eaten. Mrs. C. H. Thompson.

PEACH DUMPLING

Make a dough as for biscuits, using for this recipe, 1 cup flour, a little salt, 1 teaspoon baking powder, 1 tablespoon butter, and enough milk to roll out. Divide dough into four parts, and after rolling out, put 1 pared, fresh, whole peach in each part. Pinch together and drop in syrup, which has been previously made.

SYRUP

Boil on top of stove in saucepan : $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup butter, 2 cups hot water. In this, drop the dumplings, pinched end down, and bake in oven in syrup 20 minutes. Have oven hot and syrup hot. Mrs. C. E. Brien.

LEMON GELATINE PUDDING

1 quart of milk
yolks of 3 eggs
1 cup sugar
juice of 2 lemons, the grated rind put in bag and boiled
in the mixture
1 package of Knox gelatine, beat in whites of eggs last.

Mrs. Walter Wright.

CHOCOLATE PUDDING

$\frac{1}{2}$ cup flour
1 tablespoon cocoa
 $\frac{1}{2}$ cup sugar
pinch of salt
Mix with cold water, then add boiling water (about 1 cup.) Keep stirring. Add a piece of butter, and flavour with vanilla. Serve with any preserved fruit, or cream, plain or whipped.

Mrs. D. J. C.

FIG PUDDING

$\frac{1}{4}$ lb. chopped figs
 $\frac{1}{4}$ lb. suet
 $\frac{1}{4}$ lb. bread crumbs
 $\frac{1}{4}$ lb. brown sugar
pinch of salt
nutmeg
candied peel
Mix with 2 eggs. Steam 2 hours.

LEMON SAUCE

1 cup sugar
1 cup hot water
1 lemon, rind grated and juice
yolk of 1 egg
1 teaspoon butter
1 teaspoon cornstarch

CARMEL BREAD PUDDING

Stir $\frac{1}{2}$ cup sugar over quick fire until carmelized. Add gradually : 1 quart of milk, and cook over boiling water until carmel is dissolved. Pour liquid over 2 scant cups of bread crumbs, add 2 beaten eggs, 1 cup brown sugar, $\frac{1}{2}$ teaspoon salt, 1 teaspoon vanilla. Turn into a buttered baking dish, dot with 1 tablespoon butter, cut into bits, and bake 1 hour in a slow oven. Serve with cream.

Mrs. Fred Corbet.

CARROT PUDDING

1 cup grated carrot
1 cup grated potatoes
1 cup suet
1 cup raisins
1 cup currants
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ cup bread crumbs
1 teaspoon baking powder
flour to make stiff
Boil 2 hours

Mrs. S. Wilson.

PUFF PUDDING

2 tablespoons sugar
 $\frac{1}{2}$ cup butter
2 eggs
1 cup milk
1 cup raisins, chopped
2 cups flour, sifted
Steam $\frac{1}{2}$ hour in buttered cups.

CORN PUDDING

Beat 2 eggs and 2 tablespoons flour together until smooth and light. Add 1 cup milk and 1 can corn. Pour all into buttered dish and bake about 15 minutes until brown and like custard. Season well with salt and pepper.

Mrs. R. Patterson.

SHREDDED WHEAT PUDDING

- 1 pint milk
- 1 cup shredded wheat crumbs
- $\frac{1}{4}$ teaspoon salt
- small $\frac{1}{4}$ cup molasses
- 2 eggs
- $\frac{1}{2}$ teaspoon cinnamon

Beat eggs, add salt, crumbs, molasses and spice. Beat in milk. Turn into pudding dish and bake covered about 45 minutes in slow oven. Remove cover and brown. Serve with cream and sugar or hard sauce.

Mrs. Whitely.

CHOCOLATE PLUM PUDDING

- 1 envelops Knox sparkling gelatine
- $\frac{3}{4}$ cup cold water
- 1 cup sugar
- $\frac{1}{2}$ teaspoon vanilla
- 1 cup seeded raisins
- $\frac{1}{2}$ cup dates or figs, if desired
- $\frac{1}{4}$ cup sliced citron or nuts, as preferred
- $\frac{1}{2}$ cup currants
- $1\frac{1}{2}$ squares chocolate
- 1 pint milk
- pinch of salt

Soak gelatine in cold water five minutes. Put milk in double boiler, add melted chocolate, and when scalding point is reached, add sugar, salt and soaked gelatine. Remove from fire, and when mixture begins to thicken, add vanilla, fruit and nut meats. Turn into mould, first dipped into cold water, and chill. Remove to serving dish and garnish with holly. Serve with whipped cream, sweetened, and flavored with vanilla.

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Desserts

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SPANISH COFFEE CREAM

- 2 tablespoons of Knox granulated gelatine
- 3 cups coffee infusion
- 3 eggs
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon vanilla
- 1 cup cream or evaporated milk
- $\frac{1}{2}$ cup sugar

Heat coffee to boiling point. Pour it over sugar, egg yolks and salt well beaten together. Boil five minutes, stirring constantly. Add gelatine softened in the cream, and let boil up once. Fold in stiffly beaten whites of eggs. Pour into mould, serve cold with cream.

Mrs. H. H. Bowman.

FRUIT JELLY

- $\frac{3}{4}$ box Knox gelatine
- 2 cups cold water
- 2 cups boiling water
- 1 lemon (juice)
- 3 oranges
- 2 bananas
- $\frac{1}{2}$ lb. Malaga grapes
- 6 figs
- 10 English walnuts

Dissolve the gelatine in cold water, then add boiling water and lemon juice. Cut fruit and walnuts in small pieces, remove seeds from grapes, and stir all into the gelatine. Turn all into a mould. When hard, serve with whipped cream.

H. K.

PRUNE JELLY

1 lb. prunes, well washed, cover with water and let stand over night. Boil in same water until tender. Add 1 lb. granulated sugar. Boil 10 minutes longer, strain and remove stones. Add juice of 1 orange, 1 lemon. Let all come to a boil. Stir in 1 oz. of Knox gelatine, which has been soaked in cold water. Add prunes. Turn into mould. Serve when cold with whipped cream.

Mrs. J. W. Thompson.

MACAROON CREAM

3 eggs
1 tablespoon Knox gelatine
 $\frac{1}{3}$ cup sugar
 $\frac{1}{4}$ cup water
2 cups scalded milk
 $\frac{1}{8}$ teaspoon salt
 $\frac{2}{3}$ cup powdered macaroons
1 teaspoon vanilla

Make custard, add gelatine. Stir till cool, then add macaroons and whites of eggs.

Mrs. F. H. Kilbourn.

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LEMON CUSTARD

4 eggs, whipped separately, add juice and grated rind of
2 lemons to yolks. Beat well.
1 tablespoon melted butter
4 tablespoons sifted flour
2 cups sweet milk
Add beaten whites, (fold in)
Bake in a pan in another pan of water in oven.

Mrs. H. Bannerman.

SPANISH CREAM

1 quart milk
1 envelope Knox gelatine. Dissolved in $\frac{1}{2}$ cup milk 5
minutes.
yolks of 4 eggs, well beaten
4 tablespoons white sugar
salt
Let come to a boil. Add dissolved gelatine. Then add
whites of eggs beaten stiff and 4 more tablespoons sugar.
Flavour. Beat and pour into mould. Serve with whipped
cream.

Mrs. Scarrow.

BAVARIAN CREAM (Pineapple)

$1\frac{1}{3}$ tbsp. Knox gelatine
 $\frac{1}{3}$ cup cold water
1 cup fruit juice and pulp (pineapple)
 $\frac{3}{4}$ cup white sugar
juice $\frac{1}{2}$ lemon
1 pt. cream for whipping
Put gelatine in cold water, then stand in hot water until
dissolved. Mix fruit juice and sugar, pour melted gelatine
into that, beat until very light and foamy, then beat in
whipped cream. Sufficient for 12 people.

Mrs. Coates

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FRUIT SALAD

- 1/2 doz. oranges
- 3 bananas
- 1/2 can pineapple
- 1/2 lb. marshmallows, chopped fine
- 1/2 lb. grapes
- 1 small bottle cherries
- 1/2 cup sugar
- 1 qt. cream

Sprinkle sugar over mixture, let stand. When you are ready to use it, drain juice off, then add whipped cream and mix thoroughly.

Mrs. Coates

CHOCOLATE RUSE

- 4 eggs
- 1 pt. scalding milk
- 1/2 box Knox gelatine
- 1 pt. cream

Beat yolks of eggs and stir into scalding milk. Boil like custard and cool. Pour cup boiling water over gelatine, set on stove but not too hot. Beat whites of eggs, add a little sugar. Whip cream and stir in custard, then whites with vanilla, then gelatine. Set away to cool for 2 hours. Line dish with lady fingers and pour in mixture.

Mrs. J.

VANILLA CREME

- 3 eggs
- 1/2 cup granulated sugar
- 1 tbsp. flour
- 1 tsp. cornstarch
- a little vanilla
- 1 pt. milk

Take yolks of eggs, beat this with sugar, add tbsp. flour, tsp. cornstarch, a little vanilla, flavor, and gradually add milk, bring this to a boil, stirring constantly; when it begins to thicken take off fire and add the beaten whites of eggs. Set aside to cool. Serve cold.—L. B.

CHOCOLATE DESSERT (cold)

Put in a dish, 1 inch layer whipped cream, sweetened, $\frac{1}{8}$ inch layer grated brown bread (use the heavy brown bread), $\frac{1}{8}$ inch layer grated chocolate and repeat this until dish is full.

Mrs. H. A.

CARMEL BLANCHMANGE

1 cup brown sugar
butter size of egg
2 cups milk
2 tbsps. corn starch
Walnut meats

Brown sugar and butter, brown together in frying pan add milk in which is blended corn starch. Cook, add Walnut meats. Serve cold.

Mrs. L. B.

LEMON GLACE

For half dozen cupfuls

2 large cups boiling water
pinch of salt
grated rind
juice of 1 lemon
 $\frac{1}{2}$ cup sugar
2 tbsps. starch

Two large cups boiling water, add salt, grated rind, lemon juice, sugar stirred into water; mix corn starch in a little cold water and pour into the boiling mixture, stir till it clears. Have cups ready, wet with cold water and divide mixture into them.

Sauce for same

2 tbsps. sugar
1 egg
 $\frac{1}{2}$ tsp. corn starch
pinch of salt
1 cup scalding milk

Mix together in a teacup: 2 tbsps. sugar, egg, corn starch, and a pinch of salt. Pour this into scalding milk and stir till smooth and creamy. Set away to cool.

Mrs. C. E. Brien.

PINEAPPLE WHIP

1 cup grated pineapple from which the juice has been drained

1 cup powdered sugar

White of 1 egg

Put ingredients into a bowl and beat with wire whip until stiff enough to hold in shape, about 30 minutes will be required for beating. Pile lightly in glass serving dishes and serve with custard sauce made by using yolk of egg. Other fruits may be used in the same way.

Mrs. J. J. Kelly.

BROWN BREAD ICE CREAM

3 qts. cream

1 $\frac{1}{4}$ cups dried brown bread crumbs

$\frac{7}{8}$ cup of sugar

$\frac{1}{4}$ tsp. salt

1 qt. cream

Soak crumbs in 1 qt. cream. Let stand 15 minutes. Rub through sieve, add sugar, salt and remaining cream, then freeze.

MACAROON ICE CREAM

1 qt. cream

1 cup macaroons

$\frac{3}{4}$ cup sugar

1 tbsp. vanilla

Dry pound and measure marcoons. Add to cream, sugar and vanilla, then freeze.

TAPIOCA CREAM

Soak half cup tapioca in cold water over night

1 egg

1 small cup granulated sugar

1 qt. milk

Boil in a double boiler and when cold add any flavor desired (vanilla preferred 1 tbsp.)

Mrs. R. D. Simpson.

LEMON SNOW

1 tbsp. Knox gelatine
1/4 cup cold water
1 cup boiling water
3/4 cup sugar
1 lemon
Whites of 2 eggs

Soak gelatine in cold water, add boiling water, stir until dissolved, add sugar and lemon (grated rind and juice) stand aside until it thickens. Beat egg whites stiff, add gelatine (when it has thickened) and beat well until it is thoroughly mixed. Let stand until it is stiff, then serve with custard sauce.

CUSTARD SAUCE

yolks of 2 eggs
3 tbsp. sugar
1 cup milk
vanilla

Put milk on stove and when luke warm, add sugar and egg yolks well beaten. Cook until it thickens on the spoon, stirring constantly. Remove from fire add vanilla, and set away to cool.

Mrs. L. H. Wing.

BANANA SOUFFLE

1 pt. milk
yolks 3 eggs
1 tbsp. corn starch
1 tsp. vanilla
1 cup whipped cream
1/2 cup sugar

After it is cooked add the whites of eggs beaten to a stiff froth and 1 tsp. vanilla. Just before it is served, slice five bananas in a dish, pour on custard and add whipped cream.

Mrs. C. E. Brien.

MAPLE CUSTARD

3 cups milk
1 cup maple sugar
3 eggs beaten separately

Bake until set (in slow oven) and serve with whipped cream.

Aunt Hattie.

PERFECTION PARFAIT

$\frac{1}{2}$ cup Cowan's cocoa
1 pt. whipping cream
1 cup sugar
 $\frac{1}{2}$ cup milk

The cocoa, milk and sugar should first be mixed and then boiled for 5 minutes in a saucepan and set aside to cool. Whip the cream and add to the cocoa mixture slowly. Rinse a mold with cold water and cover with wax paper. Place in the whole mixture covering with the lid and put in a freezer and let stand for 2 hours. To remove put a hot towel around the mould long enough to turn the parfait onto a platter.

ORANGE JELLY

$\frac{1}{2}$ package Knox gelatine
 $\frac{1}{2}$ cup cold water
1 cup boiling water
 $\frac{7}{8}$ cup sugar
juice of 1 lemon
2 cups orange juice
2 tbsps. orange curacoa

Soak Knox gelatine in $\frac{1}{2}$ cup cold water for 20 minutes. Add boiling water and sugar. Stir until gelatine and sugar are dissolved, strain. Add lemon, orange and orange curacoa. Turn into small glasses first wet with cold water. Chill; unmold on small individual plates dressed with lace paper doily. Serve with sunshine cake.

SYRACUSE SNOW

2 tbsps. rice cooked till real soft
2 tsps. Knox gelatine
 $\frac{1}{2}$ cup sugar
1 pt. cream
vanilla

Wet Knox gelatine with cold water and then hot (about half cup altogether). After rice is cooked add gelatine and cook about 5 minutes, add sugar. Let stand until cool, then add whipped cream and vanilla. Serves eight.

E. P. D.

WHIPP CREAM DESSERT

$\frac{1}{2}$ pint cream (whipped and sweetened)
1 orange (cut up in small pieces)
1 banana
 $\frac{1}{2}$ cup walnuts
a few marshmallows and candied cherries

Whip all together into cream and put in cold place till ready to serve.

K. Whitely.

MAPLE SPONGE

1 envelope Knox Sparkling Gelatine
 $1\frac{1}{2}$ cups cold water
2 cups brown or maple sugar
 $\frac{1}{2}$ cup hot water
Whites of 2 eggs
1 cup chopped nut meats

Soak gelatine in cold water for five minutes. Put sugar and hot water in saucepan, bring to boiling point and let boil ten minutes. Pour syrup gradually on soaked gelatine. Cool, and when nearly set, add whites of eggs beaten until stiff, and nut meats. Turn into mold, first dipped in cold water, and chill. Serve with custard made of yolks of eggs, sugar, a few grains of salt, milk, and flavoring.

NUT FRAPPE

1/2 envelope Knox Sparkling Gelatine.
1/4 cup cold water
1/2 cup sugar
1 cup cooked pineapple and strawberries
1 cup cream
3/4 cup milk
White of one egg
1 cup chopped nuts

Soak gelatine in cold water five minutes and dissolve over hot water. Add dissolved gelatine to cream, milk and sugar and stir in beaten white of egg. When cold, add the pineapple and strawberries which have been chopped in small pieces, also the chopped nuts. Serve ice cold in sherbet glasses.

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PICKLED BEANS

- 1 pk. beans cooked as for table use
- 3 lbs granulated sugar
- 1/2 cup mustard
- 1 tbsp. tumeric
- 1 cup flour
- 1 tbsp. celery seed
- 3 pts. cider vinegar

Cook until thick, then pour over beans, which have been drained thoroughly dry. Seal hot.

M. Ennis Grunsel.

RAW PICKLE

- 4 lbs. brown sugar
- 1 lb. w. mustard seed
- 2 oz. whole cloves
- 1 oz. whole cinnamon
- 2 oz. black peppers
- a few bay leaves
- 3 doz. garlic cloves
- Green and red peppers, cut up

Mix these together, prepare vegetables: cucumbers, cauliflower and onions. Let stand 24 hours in brine, drain. Put layer of vegetables in crock, then layer of spice mixture, then vegetables and so on until all are in. Then fill up crock with white wine vinegar. Stir every day or two for 6 weeks before using. This quantity of spice will do for 4 gallon crock.

Mrs. A. B. Rutherford.

SWEET PICKLED ONIONS

Peel onions and let stand over night in brine. In the morning just bring to boiling point, but do not boil, drain and place in bottles.

To 2 qts. malt vinegar add 6 cups brown sugar, 1 stick of cinnamon, broken into pieces, 1 tsp. ground cinnamon, 1 tbsp. whole pickling spice. Let boil and cover onions.

Mrs. W. H. Miller.

UNCOOKED RIPE TOMATO PICKLE

15 lbs. ripe tomatoes

2 cups chopped onions

2 cups of chopped celery

4 large green peppers

1 large cup of grated horse radish

$\frac{1}{2}$ lb. white mustard seeds

$\frac{3}{4}$ cup salt

2 cups brown sugar

1 tsp. each of ground cloves, mace, black pepper and cinnamon

2 qts of cider vinegar

Skin, chop and drain ripe tomatoes in colander, using only the meat of the tomatoes chopped. To this add other ingredients. Mix all together and put in a stone jar and cover. Good for use in one week's time, and will keep for a year.

Mrs. J. J. Kelly.

SWEET CUCUMBER PICKLE

1 large bottle malt vinegar

2 cups water

25 cents worth brown sugar

3 tbsps. whole cloves

Boil together till nearly a syrup. Take cloves and boil in a small quantity of vinegar, boil till the flavor is out of the cloves, then put into the syrup, leaving the cloves out. Take very small cucumbers which have been in brine over night, put them into the syrup heat well but do not let it boil. Seal hot.

Mrs. R. J. Drummond.

SWEET PICKLE

12 ears corn
 1 small head of cabbage
 4 large onions
 2 cups granulated sugar
 2 tbsps. flour
 2 tbsps. salt
 1 tbsp. mustard
 1 tsp. tumeric powder
 a few small red peppers
 1 qt. vinegar

Cut raw corn off cobs, chop cabbage, onions and peppers.
 Mix vinegar, flour, etc. and pour over vegetables, then
 cook for half an hour. Seal while hot.

Mrs. Dean.

PICKLED CABBAGE (Bedor White)

Remove the outer leaves, quarter, and reject the stalk.
 cut in slices $\frac{1}{3}$ of an inch thick; put in a jar with salt.
 Sprinkle between the layers and let stand over night. Next
 morning, drain dry as possible and cover with boiling hot
 vinegar, spiced to taste.

M. A.

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see

WILLIAM LEGATE

Owen Sound - - - - - Ontario

CHER—CHER

- 2 qts cucumbers
- 2 qts onions
- 1 large cauliflower
- 2 green peppers
- 1 qt vinegar
- 2 oz. whole mustard seed
- 2 oz. celery seed
- 2/3 cup flour
- 1/4 lb mustard
- 1/2 oz. tumeric powder

Chop up fine cucumbers, onions, cauliflower and peppers, put in kettle and cover with hot brine, let stand over night; then drain and add brown sugar (to taste). Also add vinegar, whole mustard and celery seeds, let come to a boil. Then make a paste of flour, mustard and tumeric powder. Put in slowly, stirring quickly, then let boil.

Mrs. Chas. Lewis.

TOMATO CATSUP

- 1/2 bush. tomatoes, cut up
- 1/4 lb. white pepper
- 2 oz. allspice
- 2 oz. whole cloves
- 1/2 lb. good mustard
- 6 good sized onions
- 2 lbs. brown sugar
- 1 qt. vinegar
- 1 lb. salt

Boil on slow fire for 3 hours. When cool, strain through colander and bottle. This is a good keeper.

Mrs. J. Komph.

PICKLED DATES

1 lb. dates, separate and put in jar. Take enough vinegar to cover. Add a little whole allspice, and bring to a boil. Pour over dates, let stand for a few days and they are ready for use.

Mrs. Jas. Sparling.

GREEN TOMATO PICKLE

- 1 pk. green tomatoes
- 12 good sized onions
- 1 pt. vinegar
- 2 lbs. brown sugar
- 2 dessert spoons black pepper
- 1 tsp. tumeric

Cut green tomatoes and onions in slices and sprinkle liberally with salt. Let stand over night and drain off all the brine. Then add vinegar, brown sugar, pepper and tumeric. Then boil for about 3 hours slowly.

Miss A.

CHUTNEY

- 8 apples
- 8 onions
- 8 tomatoes
- 3 red pepper
- 1 lb. raisins
- 1 tbsp. salt
- 1 tsp. ground cloves
- 1 tsp. cinnamon
- 1 cup sugar
- 1½ pt. vinegar

Chop fine and boil for 1½ hours.

Mrs. Keith Webster.

YELLOW CHOPPED PICKLE

Chop fine 2 quarts small cucumbers, 2 quarts small onions, 4 cauliflowers and 3 heads of celery. Salt and let stand over night. Drain well and add a small cup of mustard seed.

DRESSING FOR ABOVE

Mix well 6 tablespoons mustard, 2½ cups flour, 3½ cups brown sugar, 2 tablespoons tumeric. Put on to scald, 4 quarts vinegar, keeping out 1 pint to mix the dressing. When vinegar comes to a boil, add dressing slowly, stirring constantly so as not to boil or burn. Add pickles, and do not boil much.

BORDEAUX SAUCE

- 1 gal green tomatoes
- 1 cabbage,
- 10 onions
- $\frac{1}{2}$ gal. vinegar
- 2 green peppers
- $1\frac{1}{2}$ lbs. brown sugar
- $\frac{1}{4}$ lb. mustard seed
- $\frac{1}{2}$ oz. tumeric powder
- $\frac{1}{2}$ oz. celery seed

Tomatoes and cabbage mixed fine, sprinkle with salt, a layer at a time. Let stand half an hour(drain, put in kettle with vinegar, green peppers, sugar, mustard seed, tumeric powder and celery seed. Boil one hour.

Miss A. G. Rutherford.

CORN SALAD

- 18 large ears of corn
- 4 large onions
- 1 cabbage
- 3 green peppers
- 4 cups white sugar
- $\frac{1}{2}$ cup salt
- $\frac{1}{8}$ cup mustard
- $\frac{1}{2}$ gal. vinegar

Pare corn with sharp knife. Add all ingredients except the mustard, and boil 1 hour, or until the corn is soft. Then add the mustard and boil 10 minutes longer. Seal.

Mrs. Wing.

RHUBARB RELISH

- 1 quart rhubarb
- 1 quart onions (chopped fine)
- 1 pint vinegar
- 4 cups sugar
- 1 tablespoon salt

1 teaspoon each of cinnamon, cloves, ginger, allspice, $\frac{1}{2}$ teaspoon cayenne pepper. Boil all together until as thick as chili sauce.

Mrs. N. McEachern.

KNOX GELATINE makes Desserts, Salads, Candies, Puddings, Ices, etc.

RIPE CUCUMBER PICKLE

Pare and scrape inside out of the ripe cucumbers. Cut into pieces about $1\frac{1}{2}$ inch square. Put in a weak brine for 24 hours, then take them out and wipe dry.

To 1 quart of vinegar add :

1 lb. brown sugar

1 teaspoon cinnamon

1 nutmeg, grated

$\frac{1}{2}$ teaspoon allspice

$\frac{1}{2}$ teaspoon cloves

$\frac{1}{4}$ teaspoon cayenne pepper

Ground spices are best.

Let sugar and vinegar get boiling hot, put in the cucumbers, and when they begin to boil, add the spices.

Cook until clear, removing each with a fork as soon as it is done.

You get better results by just putting a few cucumbers in the syrup at one time.

Mrs. Keith Webster.

TOMATO RELISH

Put into the preserving kettle the following :

7 lbs. ripe tomatoes

3 lbs. sugar

1 lb. raisins

1 pint vinegar

1 lemon, rind and pulp cut fine

2 teaspoons ground cinnamon

2 teaspoons ground cloves

a touch of cayenne pepper

salt

Boil until thick like jam. Serve as a relish with cold meat or hash. It is delicious.

A. G. Rutherford.

SWEET GHERKINS

Put gherkins or very small cucumbers in strong salt and water for 3 or 4 hours. Drain, barely cover gherkins with vinegar and let come to a boil, drain. Make syrup of same quantity of vinegar, adding brown sugar, whole allspice, black peppers and stick cinnamon to taste. Let syrup boil a few minutes, put in pickles, and remove from fire at once.

N. M. C.

FRENCH PICKLE

2 quarts each of : cabbage, cauliflower, cucumber, celery, onions, green tomatoes, all cut fine, but not chopped. Sprinkle about $\frac{1}{2}$ cup salt over these and let stand over night. Then drain.

DRESSING

- 1 gallon vinegar
- 1 cup flour
- 2 cups sugar
- 7 tablespoons mustard

A little spice such as curry, if desired. Pour this over vegetables boiling hot. Stir all together, and put in gems at once.

Mrs. Keith Webster.

CUCUMBER PICKLES

Wipe $\frac{1}{2}$ peck of small cucumbers, put in a crock and add 1 quart salt dissolved in 2 quarts of boiling water. Let stand over night, drain. Then pour over them 1 gallon boiling water, in which 1 tablespoon alum has been dissolved. Let stand 6 hours, then drain. Cook the cucumbers 10 minutes in the following mixture heated to the boiling point.

MIXTURE

- 4 red peppers, seeded and chopped
- 2 tablespoons whole allspice
- 2 tablespoons whole cloves
- 2 sticks cinnamon
- 1 cup sugar to each quart of vinegar

A. Brownlee.

TOMATO CHUTNEY

30 tomatoes
6 apples, chopped
8 onions
red peppers
1 pound raisins
10 oz. salt
1½ lbs. brown sugar
4 oz. ginger
3 pints cider vinegar

Miss A.

CELERY PICKLE

15 ripe tomatoes
5 bunches celery
2 cups sugar
1½ cups vinegar
1 tablespoon salt
1 teaspoon mustard
1 teaspoon each of ground cloves, allspice, cinnamon
1 teaspoon celery seed
1 good sized red pepper.

Chop the celery, tomatoes and pepper together, then mix in all the other ingredients. Boil slowly for 1½ hours, stirring occasionally, and being careful that it does not burn. This will be found delicious with any kind of meat, and will keep well if sealed in bottles with paraffin melted over the corks.

Mrs. T. W. Read.

RED PEPPER JELLY

12 large red peppers
2 lemons
1½ lbs. granulated sugar

Take seeds out of peppers, then put peppers through chopper. Cover with cold water, and bring to a boil. Drain, and cover with vinegar. Cut lemons in quarters, squeeze the juice and add it. Drop the peel in, then remove it before you put the jelly into glasses. Boil 30 minutes, then add the sugar and boil until it jells.

Mrs. Keith Webster.

All you add is water and sugar to the Knox Acidulated package

*6 Large Apples with out sugar to a thick sauce
add to vinegar & sugar & boil 30 min*

TOMATO CHUTNEY

1 basket of tomatoes, cut and put to boil
Add 8 good cooking apples and boil till soft. Put through sieve.

3 cups white sugar

2 cups vinegar

1 bunch of celery, chopped fine

3 tablespoons salt

3 teaspoons ground catsup spice

1 teaspoon each of ginger, cinnamon and mustard

small $\frac{1}{2}$ teaspoon of red pepper.

Boil until thick.

Mrs. W. H. Miller.

CHILI SAUCE

4 bunches celery

1 peck ripe tomatoes

12 good sized onions

4 large red peppers

4 tablespoons cinnamon

2 tablespoons ground cloves

1 teaspoon cayenne pepper

2 tablespoons salt

2 tablespoons black pepper

3 cups sugar

2 quarts vinegar

Chop tomatoes, onions and red peppers. Let stand over night, in the morning, drain liquid off, and add remainder of ingredients. Boil till thick.

Mrs. Carl Franklin.

SWEET CHILI SAUCE

Blanch, peel and cut into small pieces 30 ripe tomatoes; peel and cut into pieces, 6 pears, 6 onions, 6 peaches, and add 3 red peppers in little pieces, 4 cups sugar, 1 quart vinegar, 2 tablespoons salt, 5c worth of whole allspice, tied in a small bag. Boil mixture together for 3 hours and pour into sterilized pickle bottles. Seal.

A Friend.

CELERY SAUCE

- 1 peck of green tomatoes
- 6 bunches of celery
- 12 sour apples
- 6 large onions
- 4 cups sugar
- 1/2 cup mustard
- 4 tablespoons salt
- 4 teaspoons cinnamon
- 1 teaspoon curry powder
- 1 teaspoon red pepper
- 3 pints vinegar

Boil all together 1 hour or more.

A. Brownlee.

GRAPE CONSERVE

To every 5 pounds of grapes take 3 pounds of sugar, 2 pounds seedless raisins and 1/2 pound English walnuts. Separate pulp from skins, heat pulp scalding hot, put through colander and sieve, then add skins to pulp with sugar. Boil slowly for 20 minutes. Add raisins and boil for 15 minutes, then add chopped nut meats and seal.

Mrs. Jas. Sparling.

PEPPER HASH

- 8 red peppers
- 12 sweet green peppers
- 15 large onions (or more)
- 1 head of lettuce
- 3 pints vinegar
- 1/2 cup salt
- 2 lbs. or more of brown sugar

Put peppers, onions and celery through the chopper, using the coarse knife. Boil vinegar, salt and sugar, then add chopped ingredients, and continue boiling for 20 minutes.

Note—This will keep in ordinary pickle bottles, if covered by paraffin. Tie a cloth and paper over the mouth of the bottle.

Mrs. N. McEachern.

GRAPE OR PLUM CATSUP

5 pints grapes or plums picked from stem, wash and drain, boil till soft, then put through colander to remove seeds and skins. Add 2 pints sugar, 1 pint vinegar, 1 teaspoon each of allspice and cloves, 1 tablespoon cinnamon, $1\frac{1}{2}$ teaspoons mace, 1 tablespoon salt and $\frac{1}{2}$ teaspoon pepper. Boil slowly until thick. Use ground spices.

Mrs. D. A. Christie.

PICKLED CUCUMBERS

Wash cucumbers, but do not soak them. Add to them 1 quart of cider vinegar, $\frac{1}{2}$ cup salt, 1 cup brown sugar, 1 cup ground mustard. Stir all together, but do not heat. The pickles will keep without sealing bottles.

Mrs. J. J. Kelly.

EAST INDIAN PICKLE

$\frac{1}{2}$ peck tomatoes
 $\frac{1}{2}$ peck onions
6 heads cauliflower

Slice tomatoes and onions quite small. Break cauliflower with the fingers and sprinkle salt plentifully over them. Let stand twenty-four hours. Drain well. Mix 1 cup of grated horseradish, $\frac{1}{2}$ oz. tumeric powder, $\frac{1}{2}$ oz. ground cinnamon, $\frac{1}{2}$ oz. ground cloves, $\frac{1}{2}$ oz. black pepper and 1 pint mustard, 6 heads celery cut small. Put all these ingredients in a kettle, cover with cold cider vinegar, and boil slowly for 2 hours.

M. A.

CUCUMBER KETCHUP

$\frac{1}{2}$ pint grated cucumber
3 small onions, grated
 $\frac{1}{2}$ pint vinegar
3 teaspoons salt
 $\frac{1}{4}$ teaspoon white pepper
 $\frac{1}{8}$ teaspoon red pepper
Needs no boiling.

Mrs. Ralph Cochrane.

RIPE TOMATO SAUCE

20 tomatoes
12 apples
10 onions
4 red peppers
16 tablespoons white sugar
1 pint vinegar
Chop fine and boil $1\frac{1}{2}$ hours.

GHERKINS

Put in brine for 24 hours. Let come to a boil (simmer) in water, drain and put in jars. Make pickle of vinegar, sugar and pickling spice, letting a few loose in the vinegar. Use white sugar, and make syrup fairly sweet.

Mrs. Jno. Armstrong.

GREEN CUCUMBER SAUCE

Slice 1 peck of large, peeled green cucumbers (as for table,) 6 onions, $\frac{1}{2}$ cup salt. Let stand over night, drain, add vinegar to cover, also 1 teaspoon black pepper, 1 tablespoon tumeric, 2 oz. mustard, (or half mustard and half flour) and sugar to taste. Boil all together 20 minutes. Mrs. Ostrom.

MIXED PICKLE, COLD

1 gallon vinegar
 $\frac{1}{4}$ lb. ground ginger
 $\frac{1}{4}$ lb. mustard
2 oz. mustard seed
 $1\frac{1}{2}$ oz. tumeric
1 oz. ground black pepper
 $\frac{1}{4}$ lb. salt
 $\frac{1}{4}$ oz. cayenne

Put all together cold, add vegetables next day, or just as gathered. Put in a stone crock and cover with a plate, and stir every day for 3 or 4 weeks. Be sure and stir.

Mrs. Ostrom.

P. S:—For sweet, take out 1 pint of the above and put over 1 cup white sugar, and let stand a few days.

CUCUMBER JELLY

Strain $\frac{3}{4}$ cup of cucumbers ketchup into a package of McLaren's lemon jelly, and make up the pint with boiling water.

Mrs. Ralph Cochrane.

Marmalades, Jellies and Preserves

"Preserve an even temper, and avoid family jars."

GRAPEFRUIT MARMALADE

- 1½ grapefruits
- 2 lemons
- ¼ grapefruit rind
- 1 lemon rind

Cut the fruit in two across the sections, and carefully remove the juicy part, leaving the pulp. Let fruit and sliced rind stand over two nights in 1½ pints water, and the pulp and seeds in 1½ pints water. Boil separately for ½ hour, then strain water in which pulp and seeds were boiled, into the fruit, and boil for 1½ hours. Add 4 cups sugar, and boil 15 minutes more.

ORANGE MARMALADE

- 1 doz. sweet oranges
- 3 bitter oranges
- 3 lemons

RAW STRAWBERRIES

Clean, wash and drain berries, then mash and weigh.

To every pound of fruit put 1 pound granulated sugar. Let stand over night, and stir at intervals until sugar is dissolved. Have jars well sterilized, and put berries in while jars are hot, and seal immediately.

Mrs. R. E. McClean.

PRESERVED CHERRIES

Soak cherries in diluted vinegar for 24 hours, then drain off, and add equal sugar to cherries, and let stand until sugar is thoroughly dissolved. Stir occasionally. These will keep any length of time, and are very delicious.

Mrs. J. J. Kelley.

RHUBARB MARMALADE

6 cups rhubarb

6 oranges

1/2 cup walnuts

10 cups granulated sugar

Cut oranges as fine as you can. Boil 30 minutes. Chop nuts fine, and put in after the other ingredients are cooked.

Miss Keyes.

CHIPPED PEARS

8 lbs. of pears, peeled and cut in small cubes

8 lbs. granulated sugar

1 lb. of preserved ginger

6 lemons, cut in small pieces

Boil slowly until thick.

Mrs. G. W. Thompson.

CANNED RASPBERRIES

Fill jars with fresh raspberries. Make a syrup in proportion : 1 cup sugar to 1/2 cup water. Boil till clear and thick. Pour boiling syrup over berries in jars. Seal. Pack jars in vessel containing hot water. Cover and let stand till water is cold. Leave jars in cool, dark place.

K. T.

APPLE JELLY

Wash tart apples, (preferably astrachan or snow.) Cut in slices, leaving skin on. Barely cover with water. Boil till apples are well cooked. Drain through cheese cloth. Add sugar, (same quantity as juice.) Boil till it jells.

K. T.

PINEAPPLE PRESERVE

Shread your fruit any way you wish. Of late, the food chopper has done that part of the work for me. For 1 fairly large pine, 2 cups white sugar is allowed. Let the fruit and sugar combine over night, then boil briskly for a few minutes in the morning. A little water added improves the mixture, possibly 1/2 cup to a pine.

Mrs. Dougherty.

CANNED PLUMS

Prick with a needle to prevent bursting, allowing a gill of pure water and $\frac{1}{4}$ lb. sugar to every 3 lbs. of fruit. When the sugar is dissolved, and the water blood warm, put in the plums. Heat slowly to a boil. Let them boil 5 minutes, not fast or they will break badly. Fill up the jars with plums. Pour in the scalding syrup until it runs down the sides, and seal. Green gages are very fine put up in this way, also Hampson's for pies.

Mrs. Grunsel.

GRAPEFRUIT MARMALADE

- 1 large grapefruit
- 1 large orange
- 1 large lemon, cut pulp and rind very thin

Add 3 times as much water as fruit, and let stand over night. Next morning, boil fast for 10 minutes, and let stand another night. Next morning, add 1 pint sugar to 1 pint of mixture, and boil fast until it jells.

Mrs. L. H. Wing.

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BLACK CURRANT PRESERVES

Stem and wash currants. Barely cover with water, boil 15 minutes. Measure fruit before adding water, and add same quantity of sugar as fruit. Add to the boiled currants, and boil 10 minutes longer.

Mrs. J. K. Christie.

SWEET RED PEPPER JELLY

12 sweet, red peppers, cut into very small strips, rejecting the seeds; 2 lemons, cut into quarters; 1½ lbs. granulated sugar. After the peppers are cut, put into saucepan, and cover with the cold water and boil 1 minute, drain, add lemon, and cover with cider vinegar. Boil ½ hour, then add sugar and boil until thick. Remove the lemon, scrape out pulp and seeds, put back pulp and stir. Then put into jelly glasses. Nice for sandwiches or cold meat.

Mrs. J. J. Kelley.

PEPPER AND APPLE JELLY

12 peppers
2 lemons
2 lbs. sugar
6 apples, peeled and cooked

Remove seeds from peppers, put through chopper, cover with cold water and bring to a boil, strain, throwing water away. Cover with vinegar, add lemons, cut in quarters, boil 30 minutes. Add apple sauce and sugar. Boil 15 minutes or until it jells. Remove lemons, and fill into glasses.

M. A. Anderson.

PEACH CONSERVE

12 peaches
3 oranges
1 lemon

Peel oranges and lemon. Boil peel ½ hour, strain and chop fine, add to peaches chopped fine. To 4 cups of fruit, add 3 cups sugar. Boil ½ hour.

Bertha Fraser.

PEACH MARMALADE

12 peaches
6 oranges
3 lbs. sugar
 $\frac{1}{4}$ lb. almonds
Boil until it begins to thicken.

Jessie McQuaker.

RHUBARB MARMALADE

8 lbs. rhubarb
8 lbs. sugar
6 lemons (juice, and rind cut fine)
4 oranges (juice, and rind cut fine)
 $\frac{1}{2}$ lb. blanched almonds

Put rhubarb and sugar in layers, and let stand till sugar is dissolved. Then add oranges and lemons, and simmer gently for 1 hour. When nearly finished, add the nuts. Put in jelly glasses, and seal.

Mrs. A. A. Parks.

MARMALADE

2 large grapefruits
3 lemons, put through meat chopper

To each pint of fruit put $2\frac{1}{2}$ pints cold water. Stand over night. Boil 1 hour, stand over night. To each pound add $1\frac{1}{2}$ lbs. granulated sugar. Boil about 1 hour. Cover seeds in a bowl with cold water, strain, and add liquid at last boiling.

Jessie McQuaker.

TOMATO MARMALADE

4 lbs. tomatoes
4 lbs. white sugar
5 lemons
1 oz. ginger root
Boil for 2 hours.

M. L. Andrews.

PEAR MARMALADE

8 pounds pears
8 pounds sugar
1 pint water
4 lemons
1 jar preserved ginger

Pare the lemon rinds very thin, and steep for about 10 minutes in the pint of boiling water. Strain out the parings, and add liquid to sugar. Pare and quarter the fruit, add to syrup and boil 1 hour. Add ginger, cut fine. Cook 1 hour.
N. C. C.

PLUM CONSERVE

6 lbs. blue plums, (weighed after stones are removed)
6 lbs. white sugar
1 lb. seeded raisins
pulp of 3 oranges, rind of 1 orange

Cook all for 2 hours, or until it thickens, and before taking from fire, add $\frac{1}{2}$ lb. chopped walnuts.

Kate D .Trout.



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MARMALADE

- 1 grapefruit
- 1 orange
- 1 lemon

2 apples, put through the chopper, put to boil with 7 cups of water. When tender, add 10 cups sugar. Let boil with the sugar for a few minutes. Bottle when cool.

Mrs. F. C. Wilkinson.

PRUNE CONSERVE

- $\frac{1}{2}$ lb. prunes
- 2 cups water
- $\frac{1}{2}$ cup raisins
- $\frac{1}{2}$ lemon
- 1 orange
- 1 cup sugar
- 1 cup walnuts

Soak prunes until soft in cold water, then remove stones, and cut in pieces, add raisins and sugar. Cut $\frac{1}{2}$ orange in very thin slices, remove juice from the other half of orange and from $\frac{1}{2}$ lemon. Add to first mixture, bringing to boiling point and let simmer $1\frac{1}{4}$ hours, stirring occasionally. Add walnuts cut in pieces. Pour into sterilized glasses. Cover with paraffin. Makes three glasses.

H. K.

ORANGE MARMALADE

To 1 large, bitter orange, sliced fine, add 1 small pint of cold water, and let stand over night. Boil in the morning for 2 or 3 hours until tender. Then add 1 lb. granulated sugar for each orange, and boil for half an hour. Soak seeds from oranges and simmer for a few minutes. Add to marmalade just before removing from stove. 6 oranges makes about 3 quarts of marmalade.

N. C. C.

BLACK CURRANT JAM

Clean currants. For every cup of currants, add 1 cup of water and 2 cups granulated sugar. Stir constantly till boiling point is reached. Boil gently 10 minutes. Bottle while hot. This is excellent, as currants do not get hard.

Kate D. Trout.

GRAPE CONSERVE

2 lbs. raisins
3 pints grape (pulp)
3 lbs. brown sugar
1 lb. shelled walnuts

Boil grapes, and put through a fine sieve, then add sugar, raisins and nuts. Boil 20 minutes.

M. L. Andrews.

TOMATO JELLY

1 quart tomatoes. Simmer 10 minutes, strain. Add 1 teaspoon salt and red pepper to taste, 1 teaspoon sugar, $\frac{2}{3}$ box gelatine dissolved in cold water. Simmer 15 minutes, add gelatine just before removing from fire. Put in moulds.

N. M. C.

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RED PEPPER JAM

12 large, red, sweet peppers
 1 tablespoon salt
 1 pint vinegar
 3 cups sugar

Remove the seeds from the peppers and put through a chopper, using a medium knife. Sprinkle with salt and let stand 3 or 4 hours. Drain and put in kettle, and add vinegar and sugar. Boil gently until the consistency of jam, about an hour. Pour into sterilized glasses, and when cold, cover with paraffin. This makes six glasses.

H. K.

APPLE MARMALADE

Pare, core and chop fine 4 lb. juicy, sour apples. Boil together for 5 minutes 4 lbs. sugar, 2 cups water, grated rind and juice of 4 lemons and 1 oz. preserved ginger, chopped fine. Add the apples, and cook slowly for 10 hours, or until fruit is clear. Seal.

Mrs. L. H. Wing.

RHUBARB MARMALADE

6 bunches rhubarb, not peeled;
 1½ lbs. cooking figs, put through chopper
 juice of 3 oranges and rind grated.
 enough water to keep from burning
 1 cup granulated sugar to 1 cup of pulp
 This is very delicious.

Mrs. J. J. Kelley.

CURRENT AND RASPBERRY JELLY

To 4 boxes of currants, add 1 box of raspberries, cover with water, and boil. Let drain over night. To 1 lb. juice, add 1 lb. of sugar. Boil twenty minutes.

M. A.

APPLE CONSERVE

5 pints of apple juice, as for making jelly
5 lbs. granulated sugar
2 oranges, including peel
1 lb. seeded raisins

Boil juice, oranges and raisins $\frac{1}{2}$ hour. Add sugar, and boil a few minutes longer. Then put in jars.

HEAVENLY JAM

1 basket blue grapes
1 lb. raisins, seeded
3 oranges
8 cups white sugar
1 small jar of preserved ginger

Boil 20 minutes, seal while hot. Half the raisins, and put orange peel through mincer, slice the pulp. Cook grape pulp a few minutes, and take out the seeds by putting through colander, then put all together and cook 20 minutes. A few chopped walnuts add considerably, if desired.

F. M. T.

CHERRIES

Take out the stones. To 1 lb. of fruit allow 1 lb. of sugar. Put a layer of fruit on the bottom of the preserving kettle, then a layer of sugar, and continue thus until all are put in. Boil till clear. Then put in bottles hot, and seal them. Keep them in dry sand.

WHITE OR GREEN PLUMS

Put each one into boiling water, and rub off the skin. Allow 1 lb. of fruit to 1 lb. of sugar. Make a syrup of sugar and water. Boil the fruit in the syrup 20 minutes. Let the syrup be cold before you pour it over the fruit. If you do not wish to take off the skins, prick them.

M. Ennis Grunsel.

GOOSEBERRIES

5 lbs. berries

6 lbs. sugar

Sprinkle fruit with 2 teaspoons of soda, and cover with boiling water. Let stand 10 minutes. Strain and add to rich syrup. Boil 5 or 7 minutes.

Syrup :

8 cups sugar

3 cups water

Enough for 3 quarts of berries.

CANNED BLUEBERRIES

Pick over berries, wash them, and place in preserving kettle with just enough water to keep them from burning. Cook until soft, and put in jars.

E. I. S.

BLACKBERRY JAM

$\frac{3}{4}$ lb. sugar to 1 lb. fruit. Put fruit in kettle and stir constantly until part of the juice is evaporated. Then add sugar, and simmer to a jam.

Mrs. Jno. Armstrong.

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Sandwiches

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DAINTY SANDWICH

Combine a slice of brown bread and one of white, fill with a filling made of minced green peppers, English walnuts and olives, blend with cream cheese and soften with mayonnaise.

Mrs. P. S.

PEANUT SANDWICHES

Spread evenly with peanut butter four very thin slices of sandwich loaf, placing one on top of the other. Place a fifth slice of bread on top of the pile of 4, and with a sharp knife, after removing the crusts, cut the resulting large sandwich into small sandwiches about $\frac{3}{8}$ of an inch wide. These sandwiches will be the depth of the five slices plus the peanut butter, and the width of $\frac{3}{8}$ of an inch and show alternate layers of white and brown, being "ornamentally appetizing."

Miss Blanche H.

SANDWICH

1 cup chopped walnuts, celery chopped fine, and 1 hard boiled egg. Then add mayonnaise.

Mrs. P. S. C.

PEANUT SANDWICHES

1 beaten egg
1 teaspoon mustard
1 small lump of butter
 $\frac{1}{2}$ cup vinegar
salt and sugar to taste, not too sweet

Mix together, boil, stir until thick, then add peanuts. Roll peanuts with rolling pin, then put between slices of bread.

Mrs. C. M.

SARDINE SANDWICHES

Remove skin and bones from sardines and wash to a paste, add an equal quantity of yolks of hard boiled eggs, rubbed through a sieve. Season with salt, cayenne and a few drops of lemon juice. Moisten with olive oil, spread mixture between thin layers of buttered bread.

M. L.

NUT SANDWICHES

1 cup peanuts, almonds or walnuts, chopped fine, add enough salad dressing to make them stick together. Prepare same as cheese sandwich.

Miss Nora P.

RAISIN AND NUT SANDWICHES

Take mayonnaise or firmly whipped sweet cream, thickened with powdered or chopped nut meats and seeded raisins. Walnuts, peacocks, almonds, filberts or Brazil nuts, or a mixture of several varieties is nice. Made with tea biscuits or finger rolls, they are good, and require no butter.

Mrs. Geo. Menzies.

NUT GINGER SANDWICHES

Take 3 long, thin slices of bread, buttered. Between the first and second, place a layer of chopped preserved ginger, mixed with cream, and between the second and third slices, place a layer of chopped walnuts.

WATERCRESS SANDWICHES

Watercress sandwiches are very tasty and well liked. The bread must be cut thin, and the watercress chopped fine, and seasoned with salt and pepper. Then cut hard boiled eggs into very thin slices, and cover the watercress. Press the two slices of bread together lightly. A slice or two of thinly sliced bacon, broiled nicely, and laid on the eggs, adds greatly to this sandwich.

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PALM BEACH SANDWICHES

Tiny rolls, not over two inches in diameter and made quite round in shape are used for the more exclusive Palm Beach sandwich. The top of the roll is cut to form a lid, the crumbs pulled out, and the cavity filled with caviar or chopped chicken. Seasoned with salt and black pepper, and made moist with very thick cream, they are delicious. When the sandwiches are made, wrap them in paraffin paper, or in a napkin wrung out of hot water.

Mrs. Menzies.

PIPING ROCK SANDWICH

The Piping Rock Sandwich, of chicken and ham, is excellent. Cream $\frac{1}{3}$ cup butter and mix with 1 cup of minced chicken and 1 cup of minced ham. Season with salt and a dash of cayenne. Spread on white bread.

SOCIETY SANDWICHES

Delicious for afternoon teas, picnics and children's lunches. Chop fine $\frac{1}{2}$ package of seeded raisins together with 1 cup of nuts, mixed with whipped cream or the white of an egg beaten. Season with salt. Spread between slices of thinly buttered bread.

CAVIARE SANDWICHES

Caviare sandwiches are always appreciated by the epicurean. $\frac{1}{2}$ can of caviare should be mixed well with a little onion juice and paprika. Cut the bread in circles, taking off all the crust. Spread the caviars evenly over the bread, taking care to keep it well away from the edges. Sprinkle with a small quantity of finely chopped olives and celery.

EGG SANDWICHES

Scramble the eggs, not too dry, add pepper, salt and mustard to taste. Spread between thin bread and butter. Very nice for picnics. Five eggs makes 24 sandwiches.

CREAM CHEESE AND WATERCRESS SANDWICH

A sandwich which is made by chopping English walnuts and mixing them with cream cheese and a little chopped watercress, finishing with a little mayonnaise. Add a spray of cress after the mixture is spread on the bread.

Mrs. G. Menzies.

SANDWICH FILLING

Equal quantities chopped preserved ginger and walnuts mixed with a little sweet cream. Equal quantities ground peanuts and cheese, creamed. Equal quantities pimento and cheese with salad dressing, cooked ham put through the mincer and seasoned, chopped dates and cream cheese, chopped olives, pimento and cheese with salad dressing.

Mrs. Thompson.

RUSSIAN

On one slice of brown bread buttered, spread grated or creamed cheese. On another slice spread chopped olives. Put together with lettuce leaf between.

BEEF

1 cup lean, raw beef

1 cup celery

salt, pepper and mustard

Method :

Scrape beef, chop celery fine, mix and place on lettuce leaf.

SANDWICHES

Sandwiches for evening (dainty), allow 3 to each person invited for 1st course, bread at least 24 hours old, white or brown, remove crusts, cut very thin. Take slices in pairs, and cut in fancy shapes. Don't use butter on bread if mayonnaise dressing is used. Fruit, cheese, nuts, meats, fish, egg, apples, bananas, cheese. Cream or grate meats (chicken or ham.) Nuts—peanuts, walnuts, Brazil, etc. Put on plates with doilies and garnish with nasturtiums, parsley or shredded lettuce.

EGG (No. 1.)

1 hard boiled egg

$\frac{1}{4}$ teaspoon salt

cayenne

1 teaspoon butter

$\frac{1}{8}$ teaspoon mustard

3 drops vinegar

Use mayonnaise or cream to moisten.

EGG (No. 2.)

1 hard boiled egg

$\frac{1}{2}$ teaspoon butter

$\frac{1}{4}$ teaspoon paprika

$\frac{1}{2}$ teaspoon mixed mustard

$\frac{1}{8}$ teaspoon salt

dash of celery salt

For either of these, mash yolks fine, and put white through meat chopper, using fine knife, with yolks. Mix butter and seasoning to a paste, then add whites and seasoning.

Mrs. Ostrom.

MAYONNAISE AND DATES

1 teaspoon of mayonnaise

3 dates, chopped fine

Thin mayonnaise with cream.

To flavor butter, put layer of butter, then layer of nasturtiums or violets or anything else perfumed.

Mix mustard with boiling water or vinegar.

Mrs. Ostrom.

DATE AND CREAM

2 dates, chopped fine

$\frac{1}{2}$ teaspoon cream

$\frac{1}{2}$ teaspoon English walnuts, chopped

1 slice of bread.

BANANAS AND RASPBERRY

$\frac{1}{2}$ cup banana pulp
 $\frac{1}{2}$ cup raspberries, fresh, mashed
1 teaspoon sugar
2 teaspoons cream

CHICKEN AND WHITE SAUCE

$\frac{1}{4}$ teaspoon butter
 $\frac{1}{8}$ cup cream
 $\frac{1}{4}$ teaspoon flour
1 cup chopped chicken
Make a white sauce and mix with chicken.

HAM AND WHITE SAUCE

Follow recipe above, using ham instead of chicken.

Candies

"Sweets to the sweets."

NOUGAT

3 cups granulated sugar
 $\frac{3}{4}$ cup syrup (corn)
 $\frac{1}{2}$ cup boiling water

Put on stove and stir until melted, let boil until it forms a soft ball when dropped in water. Pour $\frac{1}{2}$ the mixture into the whites of 2 eggs beaten stiff. Cook the other half until it will crackle when dropped in water. Then pour it up with the other half. Beat until creamy. Add nuts or fruit, and drop from a spoon on buttered plates.

Mrs. E. D. Bonell.

SEAFOAM CANDY

3 cups brown sugar
1 cup cold water
 $1\frac{1}{2}$ teaspoon vinegar

Boil to a hard ball stage. Beat whites of 2 eggs, and pour in the candy. Beat stiff, add nuts and flavoring.

Jeanette Metcalfe.

BUTTERSCOTCH

1 cup molasses
1 cup sugar
 $\frac{1}{2}$ cup butter

Boil until it threads. Flavor with vanilla, and pour on buttered pan.

Jeanette Metcalfe.

PATIENCE CANDY

- 1 cup sugar
- 2 cups milk
- 2 cups sugar
- 1 tablespoon butter
- 1½ cup nuts

Scour an iron or steel frying pan with salt and a bit of paper. Put the 2 cups of milk with the 2 cups of sugar on to boil in a saucepan. Stir the 1 cup of sugar in the frying pan over a gentle fire until it melts, and is a golden brown in colour. Now stir this melted sugar into the saucepan containing the milk and sugar, or if the frying pan is large enough, stir the liquid mixture into the melted sugar.

Continue boiling and stirring until it forms a hard ball in cold water. Take from the fire, add the butter and nuts, and beat till it just begins to thicken. Turn into greased pans, chill, cut in pieces, and serve. Margaret G. McKay.

CANDIED ORANGE OR LEMON PEEL

Soak the skins of oranges or lemons in slightly salted water over night. Drain them and boil them in clean water until soft. Test them with a firm straw. Drain well. Make a syrup of boiling two cups of sugar with 1 cup of water for five minutes. Put peel in a basin and pour syrup over it, and let stand five days. Then strain off syrup and boil it up. Put peel into boiling syrup and boil until it looks clear. Then spread peel on a shallow dish. Put a little of the syrup in each hollow. Sprinkle fine sugar over it, and leave it to dry in sun or in a cool oven.

Mrs. Robt. Wiley.

RUSSIAN TOFFEE

- 2 cups brown sugar
- ¼ lb. butter
- ½ cup corn syrup
- 1 can condensed milk (Cow Brand)

Bring to a boil and boil 17 minutes, stirring constantly. Pour into buttered pans.

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GILY WHITE

- 5 cups white sugar
- 1 cup corn syrup
- 1 cup boiling water
- 4 eggs, whites only, beaten stiff

Directions :

Let sugar, syrup and water boil until it forms a soft ball when dropped in cold water. Take out 1 cupful and beat into the whites of the eggs. Let the remaining syrup boil until it hairs. Then add to the syrup and egg whites, and beat till stiff. Flavour and add nuts. Cherries may be added. Pour into a square pan.

Isabelle McQuay.

MARSHMALLOW

- 1 envelope of Knox gelatine
- 1 $\frac{1}{4}$ cups water
- 2 cups white sugar
- a few grains of salt

Soak gelatine in $\frac{1}{2}$ the water 5 minutes. Put sugar and remaining water in saucepan, and bring to boiling point. Let syrup boil until it will spin a thread when dropped from the spoon. Add soaked gelatine. Let stand until partially cool, add salt and flavoring, beat mixture until it becomes white and thick. Pour into a granite pan, which has been thickly dusted with powdered sugar, having mixture one inch in depth. Let stand in a cool place until thoroughly chilled. Turn on board, cut in cubes and roll in powdered sugar. If preferred, roll in grated cocoanut, then in sugar. This also makes a lovely filling for dates.

Mrs. Chas. Robertson.

KISSES

Take the whites of 3 eggs, well beaten, stir in 1 cup of white sugar. Put on the stove in a steamer or over water until light. Remove from stove and add 1 tablespoon cornstarch, 1 tablespoon vanilla, $\frac{1}{2}$ lb. cocoanut. Put on greased paper or tin. Bake until brown. Icing sugar may be used.

Jeanette Metcalfe.

DIVINITY CREAM

- 3 cups white sugar
- 1 cup water (not too full)
- $\frac{3}{4}$ cup corn syrup

Cook until quite hard in cold water. Whites of 2 eggs beaten stiff, pour in hot syrup and stir.

Mrs. Sawtell.

CHOCOLATE CARAMELS

- 1 cup grated chocolate, (Cowans)
- 2 cups brown sugar
- 1 cup molasses
- 1 cup milk or cream
- butter the size of an egg
- 1 tablespoon vanilla

Boil until thick, almost brittle, stirring constantly. Turn on to buttered plates, and when it begins to stiffen, mark into small squares.

Miss N. A. Parkinson.

FRUIT CANDY

- 2 cups coffee sugar
- $\frac{1}{2}$ cup Cowan's grated chocolate
- $\frac{3}{4}$ cup milk
- small lump of butter

Boil gently until it forms a firm but not too hard ball in water. Add flavoring; beat till nearly cold. Add a saucer of chopped figs, raisins, walnuts (dates, if desired.) Pour on buttered pans.

Miss Kathleen Marshman.

CHOCOLATE FUDGE

2 squares Cowan's unsweetened chocolate, nearly $\frac{1}{2}$ a cup of butter, melt together, 1 cup sweet milk, 2 cups brown sugar, 1 cup white sugar. Cook slowly until it forms a soft ball in water. Then take from fire, and add 1 teaspoon vanilla and beat. Pour into a well greased tin. Dates added at the last are a great improvement.

Miss Aleda H. Crews.

PEANUT BUTTER FUDGE

2 cups powdered or granulated sugar

$\frac{1}{2}$ cup sweet milk

2 heaping tablespoons peanut butter

Mix thoroughly and boil for 5 minutes exactly; remove from fire and stir and beat until it thickens; pour into buttered platter and allow to cool for a few minutes; then cut into squares of the sizes desired.

Elizabeth Harwood.

TOFFEE

6 ounces of butter

1 lb. brown sugar

$\frac{1}{2}$ lb. corn syrup

Put all in a saucepan, stir until it boils, then cease. Let it boil until it will harden if a small piece is dropped in cold water. Flavor with essence of lemon.

Miss M. Whitaker.

TURKISH DELIGHT

Soak 1 package of Knox gelatine in $\frac{1}{2}$ cup water.

2 cups white sugar

$\frac{1}{2}$ cup water

Bring to a boil

Add gelatine, and boil 20 minutes, stirring frequently.

Add when cooked :

juice and rind of 1 orange

juice of 1 lemon

$\frac{1}{2}$ cup walnuts, raisins, etc.

Grease platter and pour. When cool, sprinkle with nuts.

Florence Ferguson.

FLUFF

1 cup brown sugar

$\frac{1}{2}$ cup water

Boil the sugar and water till it forms when dropped into water. Beat the white of 1 egg, pour in the boiled sugar and water, and beat until thick. Add 1 teaspoon vanilla. Put on buttered platter, and let stand till cool.

Marjorie Patterson.

FUDGE

2 cups granulated sugar

1 cup milk

2 squares chocolate

$\frac{1}{2}$ teaspoon salt

Cook slowly, stirring constantly until the sugar is dissolved. Boil gently without stirring until it forms a soft ball (that can be handled) in cold water. Set dish in large bowl of cold water until it is very cool. Remove, and add 2 tablespoons butter, and $\frac{1}{2}$ teaspoon vanilla. Beat until stiff enough to knead.

Mrs. Danard.

CHOCOLATE FUDGE

2 cups white sugar

milk to dissolve sugar

cocoa enough to colour (2 tablespoons)

Boil until it forms a soft ball in water. Take from fire, add butter the size of an egg. Add nuts and vanilla, and beat until creamed. Pour on buttered plate and stand till cool.

Marguerite Patterson.

FRENCH DAINTRIES

2 envelopes Knox acidulated gelatine

4 cups granulated sugar

$1\frac{1}{2}$ cups boiling water

1 cup cold water

Soak the gelatine in the cold water five minutes. Add the boiling water. When dissolved, add the sugar and boil slowly for fifteen minutes. Divide into two equal parts. When somewhat cooled, add to one part, $\frac{1}{2}$ teaspoon of the lemon flavor found in separate envelope, dissolved in 1 tablespoon of water, and 1 tablespoon lemon extract. To the other part, add $\frac{1}{2}$ teaspoon extract of cloves. Pour into shallow tins, that have been dipped in cold water. Let stand over night; turn out and cut into squares. Roll in fine granulated or powdered sugar, and let stand to crystallize. Vary by using different flavors and colors, and adding chopped nuts, dates or figs.

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Beverages

"One sip of this will bathe the drooping spirits in delight,
Beyond the bliss of dreams."

Milton.

PINEAPPLE NIP

1 pineapple, grated
juice of 12 lemons
grated rind of 1 lemon
4 lbs. granulated sugar
2 cups cold water

Cook pineapple, sugar and water together for 10 minutes. Add juice of lemons, and when cold, seal in bottles. 2 tablespoons added to a glass of water makes the nip.

Mrs. Robt. Wiley.

PINEAPPLE LEMONADE

$\frac{1}{2}$ cup grated pineapple
juice of 1 lemon
2 tablespoons sugar
 $\frac{1}{2}$ cup boiling water
1 cup ice cold water

Mix pineapple, lemon juice and sugar, adding boiling water, cool. Add ice cold water. Strain and serve. Canned pineapple may be used or pure apple juice.

Mrs. Metcalfe.

RASPBERRY VINEGAR

To 4 quarts red berries put enough vinegar to cover; and let stand 24 hours, scald and strain. Add 1 lb. sugar to each pint of juice, and boil for 20 minutes. Bottle while hot. To 1 glass of water, add 2 tablespoons of juice. This will keep for years.

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ORANGE SYRUP DRINK

Juice and grated rind of 4 large oranges, 2 ounces of citric acid, 4 pounds sugar, 6 glasses of boiling water, stir until dissolved, strain and bottle. Use same quantity as of lemon juice for a glass.

Mrs. B.

UNFERMENTED GRAPE JUICE

Wash, pick over, and drain 10 pounds of grapes from which the stems have been removed. Put in preserving kettle and add 1 cup of cold water. Heat until the stones and pulp separate, then strain through a jelly bag. Add 3 lbs. granulated sugar. Heat to boiling point and bottle. 10 lbs. of grapes will make 1 gallon of grape juice. For serving, dilute with water.

Mrs. M.

FRUIT PUNCH

Add to the juice of 1 can of pineapple that of 6 lemons and 3 oranges, 1 can of rich preserved strawberries and 1 of the same quality of preserved cherries; sweeten to taste, and let it stand for 2 or 3 hours. Add then 1 quart and 1 cup of iced water and 1 large cup of chopped ice. If you wish, you may also add 1 pint of claret.

Mrs. Frederick D.

FRUITADE

1/2 cup grated pineapple
juice of 1/2 lemon
juice of 1/2 orange
1 cup boiling water
sugar to taste

Prepare fruit, add boiling water, and 1 tablespoon sugar. Allow to stand till cool. Add more sugar if necessary.

Mrs. Metcalfe.

BOSTON CREAM NECTAR

2 lbs. white sugar, 2 quarts water, boil to a syrup, when cold, add 2 ounces tartaric acid, any flavor to taste that you desire, the whites of 3 eggs beaten stiff. Mix well together, bottle. To $\frac{1}{2}$ tumbler of ice water, with a little carbonate of soda, add 2 tablespoons cream nectar. A most delicious beverage.

Mrs. Albert I. S.

FRUIT PUNCH

Chop 1 pineapple, boil in 1 pint of water 20 minutes. Strain through cloth juice of 4 lemons and juice of 4 oranges; $2\frac{1}{2}$ cups sugar. Put all together and come to a boil. Strain again and bottle.

Mrs. M.

LEMON SYRUP

6 lemons, 5 lbs. sugar, 5 pints boiling water, 2 ounces of citric, 1 ounce of tartaric, 1 ounce epsom salts. Strain through a cloth.

Mrs. C.

GINGER WINE

1 oz. essence ginger, $\frac{3}{4}$ oz. essence cayenne, $\frac{1}{2}$ oz. tartaric acid, 5 cents worth of burnt sugar, 4 quarts water, 3 lbs. of white sugar. Boil sugar and water together 20 minutes, when cool, add other ingredients and bottle.

Mrs. R. S.

CURRENT WINE

To every gallon of juice add 1 of water, and 7 pounds of sugar. Let it remain in vessels securely covered 3 weeks. Skimming every other day, then jug and seal.

Mrs. C. R.

APPLE PUNCH

Cut 6 tart apples in quarters, core but do not pare. Put in preserving kettle and add 1 cup raisins, 2 bay leaves, small piece of stick cinnamon, the grated rind of 3 lemons and 2 quarts of cold water. Let come to boil and add 2 quarts more of cold water; cover and let boil for 30 minutes. Drain through muslin bag. When cold, add the juice of 3 lemons and 2 lbs. of sugar. Stir until sugar is dissolved. When ready to serve, add little shaved ice. Mrs. M.

UNFERMENTED GRAPE WINE

Bruise the grapes, cover with cold water and boil well. Strain through a colander, then through a jelly bag. To every gallon of juice add 2 lbs. sugar. Let boil a minute or two. The delicate flavor is spoiled with longer boiling.

Jean T. Maughan.

FRUIT PASTE

1 cup each of dates, seeded raisins and walnuts
3 or 4 figs

Put through the mincer and roll out; cut in squares, dip in icing sugar.

Florence Ferguson.

GINGER CORDIAL

2 oz. burnt sugar
4 drams essence ginger
3 drams essence capsicum
2 drams essence lemon
1½ oz. tartaric acid
3½ lbs. white sugar
4 quarts water

Boil white sugar in water until thoroughly dissolved. Add other ingredients (excepting the tartaric acid,) and boil for 3 minutes. Then set away to cool. When cool, add tartaric acid and bottle.

Mrs. Wing.

All you add is water and sugar to the Knox Acidulated package

ORANGEADE

4 oranges, juice and grated rind
4 lbs. granulated sugar
2 oz. citric acid
6 tumblers water

Mix all together and let stand until sugar dissolves. Strain and bottle.

F. Ferguson.

BOSTON CREAM

4 quarts water
3 lbs. coarse white sugar
3 oz. tartaric acid
whites of 6 eggs
flavoring

Dissolve thoroughly the sugar in water and bring to a brisk boil. When cool, add well beaten whites of eggs. Stir well. Beat this at intervals of about 2 hours until the egg whites are thoroughly beaten in. Add flavoring and seal. A different flavoring may be used for each bottle if desired. When using, fill tumbler $\frac{1}{3}$ full. Add $\frac{1}{3}$ water, pinch of soda, and stir.

Mrs. J. B. Straith.

GRAPE JUICE

20 lbs. grapes
2 quarts water

Boil until soft, put into bag and drain. Boil juice with 6 lbs. sugar for 15 minutes. Skim well and seal.

Mrs. W.

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Invalid Cooking

CODDLED EGG

Boil water first, place egg in it and set on back of stove for 8 minutes.

DATE CUSTARD

Cut dates up into small pieces with a sharp knife and cover with boiled custard. Prunes may be served the same way.

TOAST GRUEL

Brown 2 soda crackers over a hot fire. Butter thinly and break into a cup of hot milk, stirring for 3 minutes, just below the boiling point. Season with a very little salt and serve.

CLAM BROTH

Wash $\frac{1}{2}$ doz. clams and place them in $\frac{1}{2}$ cup of cold water. Steam until the clams open; strain off the liquid, add a very little salt, and serve with a thin cracker crisped in oven.

CHICKEN BROTH

Cut into small pieces $\frac{1}{2}$ lb. of the breast and wing of a chicken and put into a granite saucepan with a cup of cold water. Let stand 2 hours, then bring to a boiling point and simmer 3 hours. Strain and season.

RAW MEAT SANDWICHES

3 oz. raw beef, which may be chopped very fine and rubbed through a hair sieve or scraped from a slice of steak. Mix with 1 oz. of fine bread crumbs, 1 teaspoon sugar, pepper and salt to taste, spread it between thin slices of brown and white bread and butter. A few drops of lemon juice may be added if flavor is liked.

JUNKET OF CURDS AND WHEY

1 pint of fresh cow's milk, warmed; pinch of salt, 1 teaspoon of granulated sugar, add 2 teaspoons of Fairchild's essence of pepsin or liquid rennet or 1 Junket tablet dissolved in water. Stir for a moment, and then allow it to stand at the temperature of the room for 20 minutes or until coagulated. Place in the ice box until thoroughly cold. Season with nutmeg if desired. Whey.—The coagulated milk as above is broken up with a fork, and the whey strained off through muslin. If some stimulant is desired, sherry wine in the proportion of one part to twelve, or brandy one part to twenty-four, may be added. Whey is used in many cases of acute indigestion.

BARLEY WATER WITH LEMON

To every quart of barley water add the juice strained of 1 lemon, sugar to taste.

A. Jones.

TOMATO PORRIDGE

Take 1 quart of canned tomatoes, boil, strain while hot through a fine sieve. Bring 1 quart of milk to a boil, add enough flour to make a paste (stiff,) stir in and boil till flour is cooked, about 20 minutes. Stir the strained tomatoes gradually, a little at a time, into the boiling milk. Cook 5 or 10 minutes. Season to taste.

BARLEY GRUEL

1½ oz. barley, 1½ pint beef tea and seasoning. Wash the barley and stew it with broth over a very slow fire for ¾ hr. Strain and serve hot.

VEGETABLES FOR INVALIDS

If an invalid is allowed to eat vegetables, be careful to choose only such as are young and tender, perfectly fresh and sufficiently cooked. Never send them half done. The cabbage family are unsuitable, the potato more digestible.

Try KNOX ACIDULATED GELATINE with the Lemon Flavor enclosed

CHICKEN BROTH

Take 3 pounds of chicken well cleaned, cover with cold water. Boil from 3 to 5 hours, till the meat falls to pieces. Strain, cool and skim off the fat. To a pint of this add salt and pepper, and 2 tablespoons of soft rice, which has been previously boiled in salted water. Bring broth to a boil, in preparing the rice, $\frac{1}{2}$ cupful should be boiled for 30 minutes with a teaspoon of salt in a pint of water.

COCOA SHAKE

Prepare 1 cup of cocoa as usual, using rich milk or cream, place in a covered glass jar with cracked ice and shake until foamy, then serve. (The white of an egg may be added.)

EGG NOG

Yolk of 1 egg may be added to $\frac{1}{2}$ pint milk, afterward $1\frac{1}{2}$ ounces of brandy, and then the white beaten in.

BEEF JUICE

Prepare by boiling until the meat is heated through. Then place it in a lemon squeezer and press until all the juice is extracted. Heat until warm enough to be palatable, add a little salt, and by way of variety it may be poured over a slice of hot dry toast.

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T O D D ' S

SAGO CREAM

2 ounces of sago, $\frac{1}{2}$ pint of water, $\frac{1}{2}$ pint of milk or cream, yolks of 4 eggs, 1 quart beef tea. Stew sago in $\frac{1}{2}$ pint of water till tender and very thick. Mix with it $\frac{1}{2}$ pint of good milk or cream and yolks of 4 eggs. Mix some with the boiling beef tea.

FOR THE GROWING OR WEAK

A well beaten raw egg turned into a tumbler and 1 wine glass of sherry or any other good wine added, this taken twice a day about 10 in the morning or just before retiring, will be beneficial.

BARLEY WATER

Take 2 ounces of pearl barley and wash well with cold water, 2 or 3 times. Put into a saucepan with $1\frac{1}{2}$ pints of water and allow it to boil for 20 minutes closely covered. Strain, sweeten and flavor with lemon juice; a little lemon peel may be added while boiling, if desired.

ALBUMENIZED ORANGE JUICE FOR INVALIDS

1 egg white, 1 lb. sugar, juice of 1 orange. Put white of egg in a pint jar, add orange juice and sugar, cover lightly and shake until well mixed. Serve in a sherbet glass.

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INVALID COOKING

To break ice in small pieces for the comfort of an invalid, use a darning needle.

A NOURISHING BIT

White of an egg beaten very stiff, put in a glass and add a little lemon juice, 1 or more teaspoons sherry wine, sugar to taste.

INVALID'S BEEF JELLY

Cut 3 pounds lean beef into small pieces with just enough water to cover, add to flavor a little lemon or celery and a pinch of salt, put in a jar, tie thick paper over it and set in a cool oven for 5 or 6 hours, then strain off into a cup out of which it will turn in a jelly.

Useful Hints

Peel Onions—From the root upwards and they will not hurt your eyes.

To Remove Wine Stains—From linen, hold the article in milk, while it is boiling.

To Clean Velvet—Dust a little pipe clay on it, then brush off lightly with a stiff brush.

Lemon Pie—Juice of $\frac{1}{2}$ lemon and 1 orange makes a much nicer lemon pie than 1 lemon.—Mrs. A. J.

Mice—It is very easy to drive mice away if you place camphor in their way. They dislike the smell of it.

Delicate China—May be washed in warm water to which a little fuller's earth has been added, instead of soap.

When Washing Coarse Clothes—Use soft soap, it will go farther than the ordinary yellow soap and is more efficacious.

To Rid Carpet of Moths—Soak the effected part in benzoline, being careful that there is no light or fire anywhere near.

Restoring Color to Silk—When the color has been taken from silk, it may be restored by applying a little hart's horn to the spot.

Precaution When Ironing Silk—Never put a hot iron directly on silk. It takes out color and life; makes silk stiff and liable to crack.

Camphor Balls—Are made by dissolving together two ounces each of white wax and lard and half an ounce of powdered camphor gum.

When Covering Tables or Shelves with Oil Cloth—Paste on instead of tacking; will last twice as long and is more easily kept clean.

When Ironing Handkerchiefs—Begin in the middle. When the edges are ironed first, the middle of the handkerchief is apt to swell.

To Clean White Ostrich Feathers—4 ounces of white soap cut fine and dissolved in 4 pints of quite hot water. Wash the feather thoroughly in the lather, rinse in hot water and shake until dry.

To Wash Chamois Gloves—Wash them in quite hot water and do not rinse, then press the water out with a towel and hang up to dry.

To Clean Mirrors—Wash well with luke warm water and soapsuds. When dry, polish with chamois leather on which you have placed some finely powdered chalk.

When Cutting New Bread—Heat your knife by dipping it into a jug of hot water, then dry. In this way, you can cut the thinnest bread from a new loaf easily.

To Remove Grease Marks—From pages of books, sponge them lightly with benzine and place the pages between two sheets of blotting paper, then iron with a hot iron.

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Economy in Sandwich Crusts—Cut the crusts from the bread with which you make sandwiches, but don't throw them away. Use them for puddings, fillings and fried dishes.

To Remove the Smell of Onions from Knives—Place them in the earth for a few minutes. Earth will also sweeten pickle jars. If necessary, fill the jar and let stand until odor is gone.

Perfume Your Linen—Here is a nice formula for a perfume for the lady who likes to have it among her bed linen. 1 oz. powdered gum benzoin, 1 oz. of powdered cloves and 2 of powdered cinnamon. Add to these 7 oz. of powdered cedar wood and the same of dried lavender flowers. Mix, sift and put into flat bags to lay between sheets, and smaller ones for the pillow slips.

To Wash an Eiderdown Quilt—Shred some good yellow soap and boil it in water until it is quite dissolved. Then pour it into a pan of warm water; when it will lather well. When luke warm, put in the quilt and squeeze it well with the hands until clean. Then rinse twice in clean, warm water. Wring out, shake well and hang on the line to dry. While drying, shake well several times, so that the down does not stick together. Choose a nice, windy day, if possible, as the quilt will dry quickly and the wind will make it lovely and soft.

To Test Eggs—The freshness of eggs may be tested by placing them in brine, one part of salt and ten parts of water, and the fresh eggs will sink, while the bad ones will float.

Canned Goods—Fruits or vegetables canned in tin are wholesome if ends of cans sink in. If bulged out, the contents are fermented.

Mint Vinegar—Is a good substitute for mint sauce. This is made by washing the mint well and putting into a wide mouthed bottle with good vinegar. After 3 or 4 weeks, pour off clear; put into another bottle and keep well corked.

In Making Fudge—If you will put in a pinch of salt, not enough to taste, it will make it as smooth as glass when poured out.

Where recipes call for Gelatine use **KNOX SPARKLING GELATINE**

Jellies that Will Not "Jell"—When making jellies, if they will not "jell" easily, add a pinch of powdered alum. The result is fine.

The Refrigerator—A small dish of fine charcoal kept in the refrigerator and renewed every week will absorb the odors and keep everything fresh and clean.

Washing Fluid— $\frac{1}{2}$ oz. ammonia, $\frac{1}{2}$ oz. salts of tartar, 1 can Gillettes lye, 4 quarts boiling water (soft,) use $\frac{3}{4}$ cup to a boiler. Use stone jar to mix. Put water on slowly, stand back as far as possible, as it effects the eyes. Put in a gallon jar to keep.

L. N. McLean.

When Sweeping Carpets—First scatter pieces of wet newspapers over it.

To Clean Brass Candlesticks—Use sour milk and salt, and they will look like new.

To Clean White Felt Hats—Use the soft inner part of a stale loaf of white bread.

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To Remove Grass Stains—Saturate the spot with alcohol and wash with clear water.

When Blackening Stoves—Mix a little turpentine in the polish, and the result will be more than expected.

To Clean Willow Furniture—Use salt and water. Apply with stiff brush. Scrub well and dry thoroughly.

Salt Shaker—To prevent salt shakers from getting lumpy in damp weather put in 12 grains of rice.

Ironing Stand—Use a wire covered asbestos mat. It not only cleans the flat iron, but will not scorch the sheet.

To Clean Windows—Add two teaspoons coal oil in the basin of water with which the windows are to be washed.

Black Chip Hats—May be made to look new by wiping with a silk handkerchief, followed by a light application of pure olive oil.

To Mend Hot Water Bag—Apply several thicknesses of liquid court plaster to the hole, allowing each coat to dry before adding the next.

For Ferns—To make your ferns grow rapidly and look green and bright, put two raw oysters chopped fine into the pot with the fern about every two or three weeks and give plenty of water.

Furniture Polish—Shave yellow beeswax in turpentine to make it a consistency of paste. When it is dissolved, apply with a soft flannel to the surface to be polished, and rub well.

To Cleanse Gloves—Dampen a good sized piece of cloth or flannel in sweet milk, then rub on a little white castile soap. Apply as rapidly as possible to every part of the glove. After putting it on the hand, then rub the glove with a clean dry flannel.

Hand Lotion—1 dram Gum Tragacauth, 4 oz. glycerine, 4 oz. alcohol, 1 dram good perfume. Soak Gum Tragacauth in 1 pint warm soft water for 48 hrs. Add to other mixture.

J. T. Maughan.

Barbican Cream

1 cup orange juice
and pulp

1 tablespoon gelatine (half
an envelope of Knox gelatine)

$\frac{1}{4}$ cup cold water

1 tablespoon lemon juice

$\frac{1}{2}$ cup sugar

1 cup cream - pinch salt.

Directions, soak gelatine in
cold water five minutes

then stand the cup in very
hot water until it is dissolved
add orange & lemon juice salt
sugar & chill then fold in

KNOX GELATINE solves the problem of "What to have for dessert."

whipped cream. Turn into

Fudge.
melt $\frac{1}{4}$ lb unsweetened chocolate in
aluminum vessel. take off fire
add 1 lb Con XXXX sugar
1 can waf milk
butter size of a walnut
mix well & let come to a boil then
boil 7 minutes. take off fire
add 1 small box marshmallow whf
& 1 teaspoon vanilla beat 7 minutes.

Index

	Page
Abbreviations	4
Table of Weights And Measures	4
Time Table For Cooking	5
Soups	7 to 12
Fish And Oysters	13 to 21
Meat, Game And Poultry	22 to 31
Pancakes, Fritters And Croquetts.....	32 to 35
Supper Dishes	36 to 40
Vegetables	41 to 47
Salads And Salad Dressings	49 to 60
Breads, Muffins And Biscuits.....	62 to 71
Cakes	72 to 92
Fillings And Icings	94 to 99
Cookies And Small Cakes	100 to 119
Pies	120 to 132
Puddings And Pudding Sauces	133 to 141
Desserts	143 to 153
Pickles And Catsups	154 to 167
Marmalades, Jellies And Preserves	168 to 179
Sandwiches	180 to 186
Candies	187 to 194
Beverages	195 to 200
Invalid Cooking	202 to 206
Useful Hints	207 to 211

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RECIPE FOR CANS.—

- 1 pound of rosin,
- 1 ounce of lard,
- 1 ounce of tallow,
- 1 ounce of beeswax.

Stir together.—Mrs. D. S. A., Roanoke, Ind.

NOTE.—When cold, cover the top with a cloth
the jar ; cover the cloth over with fine
t; tuck the edges down close to keep
over this place two or three thick
Keep in a cool place.—A. E. M.,